



Build a Powerful and Reliable Swing in Just Minutes, the Medicus Way

Develop and groove your best swing with the Medicus Swing Bag! “On line and square at impact,” the Swing Bag is the pro’s secret to longer and straighter drives. The only training device that lets you see, feel and groove the perfect impact position.

5 EASY STEPS TO FIND YOUR BEST SWING

“The Medicus® Swing bag gives me instant feedback, which is so important when you’re doing any kind of trainer”

- Dave Hummerich

“8 months ago I went through a total hip replacement and I was having issues with balance. Using the Medicus® Swing Bag at home in my office really helped. I highly recommend it.”

- Larry Schelhorse

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1 Preparing the Medicus Swing Bag

To get your Medicus Swing Bag ready for use, start by zipping up the bottom flap of the bag. Then, fill your bag with heavy but soft materials, such as towels or old clothes. The key is to fill the bag so that the club is “captured” by the bag, much like a big soft catchers mitt. If your club bounces off the bag instead of being “caught”, try heavier fabrics, or less material.

2 Positioning the Swing Bag

Position your bag on the ground so that your club will strike the bag where your ball normally would be. As an example, if the club you’re going to use would normally be played from the middle of your stance, you would set up the bag so the hitting surface is also in the middle. Next, position your club in the center of the bag, not the bottom, so your club doesn’t “scoop” under the bag. This will also let you see your exact position at impact.

3 Capture the Club, Feel the Swing

Swing easily and let the Medicus Swing Bag “capture” your club. You’re not trying to see how far you can hit the bag, but rather to let your club be “captured”, so you can see and examine your impact. Feel free to hit anywhere around the middle of the bag, except over the yellow caution area. (see photo)

4 Create The Perfect Club Position

No matter how you get there, there is only one position the club needs to be at impact to create a solid, straight shot... “On line and square”! That’s when the leading edge of the club (the bottom edge of the club) is square to the target, and the shaft is tilted slightly forward towards the target. (see photo). After each “capture”, take a quick look and examine your club position.



5 Let It Happen

As crazy as this might sound, the secret to developing the perfect swing with your Medicus Swing Bag is to not think about your swing. Instead, just let it happen! If you think about your swing, you’ll just be reinforcing your old bad swing habits. Instead, pretend you’ve been hired to hit the bag for 8 full hours, and the only requirement is getting the ideal club position. Go ahead... experiment with different movements and positions until you find the one that feels natural and comfortable, and gets you into the perfect impact position. This will soon become your natural, repeatable (and consistent) swing.