"Add at Least 21 Yards to Your Drives in 21 Days or Less"
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Introduction

Welcome to this new 21 yards in 21 days program. I put this program together for a couple of important reasons, which were...

1. So often I see golfers trying to hit the ball further, and failing big time because they’re doing things that will never help them to add yards to their drives.

2. I want to give golfers simple things they can do at home, so when they go to the golf course they will experience longer drives.

Everything in this program can be done at home, as long as you have a place to swing. You don’t need to hit balls doing any of the exercises. Some of them you can do when hitting balls, but it’s not necessary.

Via email I will be sending you some extra drills and exercises that you can take with you to the driving range to help you there to gain even more distance.

Now, the following drills and exercises have been carefully chosen to help you add 21 yards to your drives in just 21 days. **Even if you’ve done some of these drills and/or exercises before, you need to follow this plan in the exact order, to get the results you want. Because when you do this you’ll be using the synergistic effect.** Here is a definition of the synergistic effect...

"An effect arising between two or more agents, entities, factors, or substances that produces an effect greater than the sum of their individual effects."

The drills and/or exercises that follow are in a specific order and sequence, so that by the end of this program you would have added at least 21 yards to your drives.

So how is this going to happen by doing something new every day, for 15 minutes?

Well, the following program is going to help you in 3 key areas to add yards to your drives. And those 3 areas are:

1. Technique
2. Flexibility
3. Swing Speed
In this new program you’re going to get drills that will help improve your technique, so you deliver more power to the ball at impact. You’re going to get exercises that will help you to become more flexible, so you swing longer. And finally, you’re going to get drills that will train you to swing faster.

That’s an explosive combination!

But for you to get the results you want, you need to take action. Every day for 21 days, just block out 15 minutes to do what I say. Remember, you can do all the exercises at home….so there’s no excuses!

After you’ve finished this program, it would be great if you could shoot me an email and let me know your results. It always gives me a kick to hear how I’ve been able to help someone. The reward for all my hard work is really in hearing how it has helped golfers like yourself.

So I look forward to hearing from you and I wish you all the best.

For Consistent Golf,

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Day 1 – Swing Faster Not Harder

During the next 21 days I’m going to be getting you to do things that will help you swing faster. BUT...I want to make sure you’re not mixing up the message about swinging faster because it’s...

Swing Faster NOT Harder

It’s a fact that the faster you swing the further the ball goes. Because for every 1 mph you increase your swing speed you add about 2.5 yards to your shots.

The problem is that golfers often make the mistake of trying to swing harder. And that creates extra tension. Please understand this about tension...it’s is a killer to swing speed.

When you’re swinging you should only be using the necessary amount of muscle tension in your body and no more. If you have more tension in your muscles than is necessary you will be swinging slower than you should and that will cause shots to be shorter than you want. If you swing hard it may feel faster but in reality it will be slower. Always remember this...

A Tense Muscle Is A Slow Muscle

So because my goal with this program is to help you hit the ball further today I have a couple of great techniques you can do to reduce unnecessary tension (you do need some tension in your golf swing) so you will hit the golf ball further today. Here’s the first one...

1st. Setup to swing with your driver (and you don’t need to hit a ball when doing this), but before you start to swing tense up your entire body, particularly your arms and shoulders, and then hold this tension and swing as fast as you can. Then immediately after doing
this take another swing but this time relax your muscles completely and swing.

When you do that exercise you will find a **HUGE** difference in speed from the first golf swing to the second golf swing.

Now you can actually use this tension and hold technique before you hit any golf shot or just for swinging the club. To do this before you swing the golf club tense up your entire body and hold this for 5 seconds and then release and relax your body and then swing.

For most golfers they have way too much tension in their shoulders, arms and hands. If you look at a lot of golfers when they setup to the golf ball they look like they’re squeezing the club to death. You want your arms and shoulders to be very relaxed before swinging the golf club and during the swing so you swing with maximum speed.

After doing this tense and relaxation when you go to swing you’ll be a lot less likely to have tension in your body so you’ll have a faster, quicker golf swing.

**So before you swing a golf club tense your arms as hard as you can and hold for 5 seconds and then release and relax and then swing the golf club.** You’ll notice you swing much faster when you are relaxed.

**OK, that’s the first thing you can do to swing faster, here’s the second...**

**2nd.** To help you reduce unnecessary tension in your golf swing simply hum as you’re swinging. Start humming before you swing and then swing and notice your humming. **This is basically a way of getting bio feedback about your golf swing.** Because if you swing and your humming changes dramatically or it stops, that means you’re tightening a lot as you’re swinging.

Now when you’re swinging you simply have to notice the changes to the humming. **But don’t try to swing with less tension.** Just swing while humming and your golf swing will change and the tension will reduce. This happens because you’re made aware of something and for reasons you don’t need to understand, you’ll swing with less tension and more power.

So there you go, that’s two things you can do right now in your golf swing to swing quicker and hit the ball further. And now here is your 15 minute practice plan for today...
Day 1 – 15 Minute Practice Plan

• Swing your driver with maximum tension for one swing and then relax for the next. Don’t rush this. Have a small break after each swing. Do this for 7 ½ minutes.

• Swing your driver while humming when swinging and be aware of your humming. If your humming is cut off at any point it’s because of excessive tension. Don’t try to stop that however, just keep swinging and it will sort itself out. Do this for 7 ½ minutes.

Ok, so that’s your first daily 15 minute tasks. But don’t do this and forget about it. In fact, I highly recommend that you incorporate the tense, hold and release element (particularly your shoulders, arms and hands) into your routine for the next 21 days – and beyond. Because a tense muscle is a slow muscle!
Day 2 – The Take-Away

The way you start the club away from the ball has a HUGE influence over how efficient your golf swing is. And if you move the club inefficiently you’ll be wasting potential power in your golf swing. So for today I’m going to teach you how to take the club away with more efficiency.

Now when you take the club away it should move on an arc just inside the target line **NOT** straight back along the target line.

Why?

Because a straight back takeaway gets the club travelling too much outside (off plane) and causes your arms to become separated from the body. All of this will require compensations later in the swing which will result in inconsistent ball striking and **this will lose you distance**.

Obviously we don't want that, so here is a great drill that will help you to start taking the club on the correct path and with repetition this will fast become a habit. But to do this drill you will need a couple of things. The first is a small torch (or you can use a laser light if you have one).

The second thing you'll need is a golf shaft (**you can also do this with a driver**) with a grip on it.

Once you have these two things then simply tape the torch to the bottom of the shaft, as shown on the next page...
Then find a straight line to do this drill. And where the wall and floor meets is perfect.

Now, it’s a good idea to do this drill at night time because you’ll be able to see the torch light easier.
So to do this drill turn the torch on and then setup as normal and make sure the torch is about 2-3 inches away from the line you're going to use as a plane reference line. And make sure the torch's main light is pointing directly at the line.

From this position simply take the club away with a one piece takeaway (concentrating on turning your left shoulder to the right and keeping your arms, wrists and hands passive) and make sure the light remains pointing at the line as you're taking the club away.

*Turn the torch on, setup as normal and point the torch at the line, so it's about 2-3 inches away like this.*
Important Note: As you’re taking the club away the torch will move further away from the plane reference line. And so it should as you need to take the club to the inside. But the light should also point at the plane reference line at all times in the take-away.

Keep moving the club away until you get to the place where your left hand is over your right leg and then stop. Then repeat this takeaway, and I suggest you do this drill for at least 15 minutes today. But feel free to do this drill as much as you want after today as it’s a real good one and quite interesting.

Take the club away with a one piece takeaway and make sure the light of the torch remains pointing at the line until your left hand reaches opposite your right leg. Then stop and repeat the drill.
Day 2 – 15 Minute Practice Plan

- Practice taking the club away on plane for 15 minutes today just as I’ve shown you. But it’s important when you do this that you take the club away at the speed you normally do after getting used to this exercise.

After doing this drill your golf swing will become more efficient and therefore more powerful. However if after doing this drill you felt like it was something completely foreign to you then make sure you do this drill regularly over the length of this program and beyond to ingrain it as a new habit.

Things You Need To Complete This Drill

1. One small torch.
2. One golf shaft with a grip on it. A driver shaft is the best for this.
3. Some tape.

To view a video of this drill simply click here.
Day 3 – Wide Arc

To hit longer drives you need to have a wide arc back and through. And that’s why today I have a very important drill to help you learn this. This drill will help you to create a bigger arc in your golf swing and if you can do that you **WILL** hit the ball further.

To do this drill you will need a broom like this one pictured...

Once you have a broom simply grip it like you would a golf club and setup as though you’re about to swing a golf club. See the picture on the next page...
Then swing the broom but as you’re doing this you want to swing with as much extension as you can, both back and through. 

Make sure the bristles are pointing straight up in the air.
Also, here is a very important point about this drill.

When you get to the top of your backswing focus on starting the downswing by moving your left knee towards your target. This will help you to start the downswing with your lower body and help you to have good sequencing in your golf swing so you generate the most power possible down where the ball would be.

When you look at all the long drivers they all have very wide arcs to their golf swings and this broom drill will help you to do this as well. Click here for a video of a student golfer demonstrating this broom drill.

This drill is great for increasing active flexibility, BUT it can be quite hard on your body depending on how heavy the broom you’re using is. So do this exercise slowly at first.

Then after you can do about 10 swings with the broom then you need to work on speed. Because to hit the golf ball further you’ve got to swing fast. So keep doing this broom drill, but here is a plan that you should follow with your 10 swings at one session.

On your first swing do so at about 50% of your potential speed. On your second swing do so at about 60% speed. Your 3rd swing do so at about 70% maximum. On your 4th swing do so about 80% maximum. On your 5th swing do so about 90% maximum. Then from then on swing at about 95% of your maximum. Do not swing at 100% of your maximum however because you want to hold a little back to help prevent injuries.
Day 3 – 15 Minute Practice Plan

- Swing your broom about 10 times to warm up, focusing on having a very wide arc back and through.

- After your 10 swings to warm-up then swing about 50% of your potential speed with one swing. Then 60% speed with the next and increase 10% each swing until you’re swinging about 95% of your maximum speed. Once you’re swinging at 95% of your potential speed keep doing this until your 15 minutes of practice time is up. **Remember to have a break between swings however.** You need to be fresh when doing this.

Today’s exercise will help you to create great width in your swing. And the wider your swing the more energy you can impart to the golf ball. Plus, you’ll be training yourself to swing faster as well.
Day 4 – Fast Backswing

Most golfer swing back too slowly compared with Tour pro’s. That’s a fact that has been proven by scientific research and I’ll get into that later in this program. But for now I simply want to help you learn to swing back faster. Remember, not harder, it’s speed we’re after.

So today I have a simple exercise for you to do. To do this drill you’ll need to get out your Sand Wedge. Then I want to you setup as though you’re about to hit a ball.

Then I want you to take your left hand off the grip so only your right hand is on the club.
Once you’re set then I want you to swing as fast as you can to the top of your swing and stop.

Then bring the club down and repeat. Do this for 5 minutes.
After this then I want you to repeat this but just with your left hand on the club.

Do this for 5 minutes.

Then after this I want you place both hands on the club as you normally would and swing as fast as you can for 5 minutes to the top of your golf swing.
Click here for a video of a golfer demonstrating this drill.

**Day 4 – 15 Minute Practice Plan**

- With your Sand Wedge swing back as quickly as you can to the top of your swing with just your right hand. Do this for 5 minutes.

- With your Sand Wedge swing back as quickly as you can to the top of your swing with just your left hand. Do this for 5 minutes.

- With your Sand Wedge swing back as quickly as you can to the top of your swing with both hands. Do this for 5 minutes.

When you’re doing this drill don’t be concerned about technique. Rather you should be concerned about speed. Get out of your comfort zone and swing back fast. **This should feel uncomfortably fast.** Most golfers are in the mindset of swinging back slowly and for 99% of amateur golfers it’s too slowly. So do this drill and train yourself to swing back faster and reap the benefits of longer drives.
Day 5 – Lag (Part 1)

No doubt you’ve heard about lag in the golf swing, and the place where you can see how much lag a golfer has in the golf swing is when their left arm is parallel with the ground on the downswing. Here is a picture of Sergio Garcia at this point in his downswing:

Notice that the club shaft is almost touching Sergio’s right shoulder!

Another golfer that was well known for great lag in his downswing was Ben Hogan. Here is a picture of Ben Hogan at the half way point in his downswing:
Again, like Sergio, the shaft is almost touching Ben’s right shoulder!

OK, so you know you need to retain the angle of your wrists in the downswing to hit the golf ball further….but how can you do it?

Well, today I’m going to give you a great drill to help you learn lag in your golf swing. To do this drill setup with a driver as normal.

Then swing to the top of your backswing and stop.
Once at the top of your backswing then slide your right hand down the club and loop your right index finger around the shaft so it’s about a third of the way down the shaft.

From this position swing down with your left hand while trying to increase the lag with your right hand.
When you move the club down you can move it back and forwards a little bit to get the feeling of retaining the lag in your downswing. Also, when you get down near the hitting area it is important that you feel as though your hands are a long way in front of a position where a ball would be while you are still holding the club back with your right finger.

When your left hand is about a foot in front of where a ball would be then release the club with your right finger and swing through with your left hand to a full finish.
Click here to view a video of one of my students demonstrating this drill....

Day 5 – 15 Minute Practice Plan

• Practice for 15 minutes doing this lag drill to get the feeling of retaining the lag in your golf swing and then releasing it to get the most power at impact.

With the drill I have given you today you will learn to increase the lag in your golf swing for longer drives. Ben and Sergio have proven you don’t need to be big to hit the ball a long way. **Improve your lag and you’ll increase the distance you hit the ball.**
Day 6 – Right Shoulder Under

Yesterday I gave you a great drill to help you retain lag in the downswing. But the problem is that most golfers often move the shoulders incorrectly in the downswing which will cause a golfer to come over the top and slice the ball which naturally will negate any benefits of retaining lag in the downswing.

So to help you today I have a great drill to help you get the feeling of your right shoulder coming under as you’re swinging down and through the ball.

**To do this drill here is what you need to do...**

Setup to a shot as normal and then place your club in front of your ball. Then put your left hand on top of the shaft *(see picture below)*. Once you're in this position simply swing your right hand back as if you were hitting a shot.

![Place your clubhead level with your ball. Then place your left hand on top of the shaft to keep it from falling.](image-url)
From this top of the swing position simply swing your right arm down and under, but keep the arm on top of the shaft in pretty much the same position as it was to start with (see picture above).

Keep swinging your right arm under and up so it finishes under your left under arm. Also make sure your thumb on your right hand is pointing straight up at the end of your follow-through.
Swing your right arm down and under, keeping the left arm in pretty much the same position that it was at address.

To watch a video of this drill being performed click here

Do this drill for 15 minutes today then after you’ve done that I want you to have some swings and feel as though the right shoulder is moving down and under in your golf swing. This is very important.

**Day 6 – 15 Minute Practice Plan**

- Complete the right shoulder under drill for 15 minutes.
- Have a few swings and feel the right shoulder moving down and under in your downswing and follow-through so that at the end of your swing your right shoulder is lower than your left.
Day 7 – Active Flexibility (Part 1)

Today I’m going to get you doing some exercises that will help you to increase your swing radius. Because the longer you swing the further the ball will go.

Before you do these exercises however you need to warm-up. So click here to watch a video that shows you a series of warm-up exercises that you should do for 3 – 5 minutes.

After doing your warm-up you then need to do the following three exercises.

**Windmills**

**Description:** Swing arms around head in a vertical direction.

To see a video of this exercise go here (it's under the Day 7 heading).

**Bye-Bye’s**

**Description:** While standing raise both arms out to the side so they are parallel with the ground and at shoulder height. Then bend at the elbows of both arms so your fingers are pointing straight up to the sky and your arms will be forming a 90 degree angle. Your palms will be facing out in front of you. From this starting position simply rotate your hands 180 degrees while keeping your arms and elbows in a similar position as when they started, and continue until your palms are facing behind you. Then return your hands to the starting position and repeat.

To see a video of this exercise go here (it's under the Day 7 heading).

**Wrist Rolls**

**Description:** Hold your arms out straight and rotate your wrists around in a clockwise direction and after 15 seconds or so switch to rotating your wrists around in an anti-clockwise direction.

To see a video of this exercise go here (it's under the Day 7 heading).

Here is exactly the sequence and length of time you should do these exercises for...
Day 7 – 15 Minute Practice Plan

- Warm-up for 3 – 5 minutes
- Windmills for 30 seconds
- Bye-Bye’s for 30 seconds
- Wrist Rolls for 30 seconds
- Then repeat the 3 exercises again another 4-5 times
- To finish off the 15 minutes swing your broom to increase your swing arc and to speed up your swing.
Day 8 – Faster Swing (Part 1)

Today you’re going to be training yourself to swing faster. Remember, you’re not trying to swing harder. You’re swinging faster so relax and only use the necessary tension to move the club fast.

Now when swinging you have two hands on the club and you’re probably not aware that either one of these hands can actually slow down your swing. So today we’re going to start training your hands and arms (individually) to move fast.

So to do this I want you to get out your driver and turn it upside down so you grip the club near the head **BUT only with your left hand.**

Then I want you to swing back and through as fast as possible for 10 seconds. [To see a video of this drill being performed by one of my students click here.](#)

After this I want you to have a break for a minute or two and then repeat it. Do this for a total of five, 10 second blocks.

Before you do this however I want you to warm up for a few minutes. So to do this you can swing your broom focusing on having a wide arc. Or you can do some of the exercises I gave you yesterday. The choice is yours.
So here’s what you should be doing today...

**Day 8 – 15 Minute Practice Plan**

- Warmup for about 5 minutes by doing the broom drill or exercises I gave you yesterday.

- Swing a turned upside down driver swing as fast as possible for 10 seconds back and through with just your left hand. There’s no stopping for 10 seconds and don’t worry about your technique. Rest about 1 – 2 minutes and repeat again. Complete five, 10 second swings.

Today’s drill is teaching your fast twitch fibers to fire so you swing faster. And you’re doing this with isolation to help you get both sides of your body working together for the most speed possible.
Day 9 – Release (Part 1)

I’ve talked previously about you being relaxed and tension free when swinging to help you hit the ball further. And one critical place where that has to happen is when you’re swinging through the ball.

Sadly a lot of golfers swing through the ball without utilizing their wrists and consequently are only swinging at impact as fast as their arms are travelling which isn’t very fast.

So to help you learn to release the club through the ball I have a simple drill for you today.

To do this drill sit down somewhere where you can swing a club safely on a horizontal plane and then do exactly that. Hold a club out in front of you and then swing like a baseball/softball player back and forth and of course you won’t be able to use your legs which is the object of this exercise, because if you can't use your legs then of course you've got to use your arms.

To watch a video of this drill being performed click here
Do this drill for 15 minutes today.

**Day 9 – 15 Minute Practice Plan**

- Sit down and swing a golf club on a horizontal plane back and through. Swing back and through for about 30 seconds and then stop and have a break. When swinging feel as though you’re really using a lot of wrists and rolling your hands over through impact. Do about 5 sets of 30 second swings so this will take you less than 10 minutes. Do one of the other drills I’ve given you to make up the other 5 minutes for today e.g. the broom drill.
Day 10 – Release (Part 2)

Yesterday I gave you a drill to help you get your hands more involved in the golf swing. And today I’m going to give you an extension of that drill so you can time the release of your swing more with your lower body.

So instead of doing yesterday’s drill while sitting down I want you to do this one standing up.

To do this drill simply follow these steps...

**Step 1:** Setup to an imaginary golf ball with your driver.

**Step 2:** Now raise the club up so it’s parallel with the ground.

**Step 3:** From this position swing back (keeping the club parallel to the ground) by rotating your upper body and transferring your weight to your right side. While you’re doing this gradually cock your wrists so that at the end of your backswing your wrists are fully loaded. When doing this your head should move slightly to the right so it’s behind the ball.

**Step 4:** To start the forward swing simply move your weight to your left foot and rotate your body while uncoocking your wrists.

**Step 5:** Keep rotating your body so you finish your swing with almost all of your weight on your left side, your belt buckle facing the target and your right foot up on the toe.

On the next page are some pictures that show you this drill and if you click here you can see a golfer doing this drill (under Day 10 heading).
That’s a powerful golf swing, just on a different plane!

When you do this drill you’ll feel a very powerful release through the hitting area. If you can transfer that powerful, free release to your normal golf swing you will hit the ball a lot further.

And that’s the aim of this program!

**Day 10 – 15 Minute Practice Plan**

- Stand up and swing a golf club on a horizontal plane back and through. Swing back and through for about 30 seconds and then stop and have a break. When swinging feel as though you’re really using a lot of wrists and rolling your hands over through impact. Do about 5 sets of 30 second swings so this will take you less than 10 minutes. Do one of the other drills I’ve given you to make up the other 5 minutes for today.
Day 11 – Shoulder Plane

In the last two days I’ve given you drills that get you to swing on a horizontal plan and they’re great drills to help you to release the club powerfully through impact. But the problem with them is that most golfers move their shoulders on a too horizontal plane which causes swing plane issues and ultimately causes shots that go much shorter than golfers want.

So today I’m going to get you to work on a drill that will help you to feel what your shoulders should be doing on both the backswing and follow-through. Also, this is a great drill to help you increase your backswing turn.

To do this drill grab a club and place it across your back, standing in a normal posture position that you would use to hit a shot (see picture below). Once setup simply move your shoulders in a similar fashion as you do when you swing, but exaggerate the steepness of your shoulder plane by trying to point the club to a place where the ball would be (see pictures below). You can also do this drill with a ball under the outside of your right foot as this will further help you to feel the weight moving to the inside of your right foot on your backswing, rather than the outside.
From the top of your backswing position start your downswing with your left knee so that you have separation between your knees *(see picture below in the middle)*.

When turning your shoulders on the downswing make sure that your head at impact is behind the place where a ball would be. *This is very important.* Then as you carry on into your follow-through exaggerate the steepness of your shoulder plane by trying to point the club at the place where a ball would be.

So practice this back and forth motion for at least 15 minutes today, and once again really exaggerate the steepness of your shoulder plane. Also remember to keep your head behind the impact position in your swing then let your head move forward after this point. *This is very important.* Here's a summary of what you should do today...

**Day 11 – 15 Minute Practice Plan**

- Place a club across your back and stand in a posture position similar to what you’d use to hit a golf shot. Now start your backswing and try to turn your shoulders on an upright plane by attempting to point the club at a place where a ball would be. Once you’ve completed your backswing then start your downswing by separating your left knee from your right knee. When completing the follow-through exaggerate the steepness of your shoulder turn by trying to point the club at the place where a ball would be. Do this for 15 minutes today. [Click here to view a golfer doing this drill.](#)

So that's it for today! I'll see you back here tomorrow for the next drill.
Day 12 - Active Flexibility (Part 2)

Like on Day 7, today I’m going to get you doing some exercises that will help you to increase your swing radius. Because the longer you swing the further the ball will go.

Before you do these exercises however you need to warm-up. So click here to watch a video that shows you a series of warm-up exercises that you should do for 3 – 5 minutes. (It’s under Day 12 heading)

After doing your warm-up you then need to do the following three exercises.

Helicopters

Description: Stand and hold both arms out straight away from you. Then simply twist your torso to the right and then left while keeping your arms straight.

To see a video of this exercise go here (it's under Day 12 heading).

Empty Bottles

Description: While standing allow your arms to hang at your sides with your palms facing your body and your thumbs pointing in towards your legs. Then raise both hands up while keeping your arms straight and keep your thumbs pointing towards the ground as though you are emptying out bottles. Stop when your arms are as high as possible and return to the start position and repeat.

To see a video of this exercise go here (it's under Day 12 heading).

Wrist Rolls

Description: Hold your arms out straight and rotate your wrists around in a clockwise direction and after 15 seconds or so switch to rotating your wrists around in a anti-clockwise direction.

To see a video of this exercise go here (it's under Day 12 heading).

Here is exactly the sequence and length of time you should do this...
Day 12 – 15 Minute Practice Plan

- Warm-up for 3 – 5 minutes
- Windmills for 30 seconds
- Bye-Bye’s for 30 seconds
- Wrist Rolls for 30 seconds
- Then repeat the 3 exercises again another 4-5 times
- To finish off the 15 minutes swing your broom to increase your swing arc and to speed up your swing.
Day 13 – Faster Swing (Part 2)

On Day 8 I got you to start to train one half of your body to swing as fast as possible. And today I’m going to help you train the other half.

So to do this I want you to get out your driver and turn it upside down so you grip the club near the head **BUT only with your right hand.**

Then I want you to swing back and through as fast as possible for 10 seconds. **To see a video of this drill being performed by one of my students click here.**

After this I want you to have a break for a minute or two and then repeat it. Do this for a total of five, 10 second blocks.

Before you do this however I want you to warm up for a few minutes. So to do this you can swing your broom focusing on having a wide arc. Or you can do some of the exercises from yesterday. The choice is yours.

So here’s what you should be doing today...
Day 13 – 15 Minute Practice Plan

• Warm-up for about 5 minutes by doing the broom drill or exercises from yesterday.

• Swing a turned upside down driver as fast as possible for 10 seconds back and through with just your right hand. There’s no stopping for 10 seconds and don’t worry about your technique. Rest about 1 – 2 minutes and repeat again. Complete five, 10 second swings.
Day 14 – Lag (Part 2)

Today I’m going to give you a great drill that will help you increase lag in your downswing. Retaining the lag in your downswing is a critical skill to help you hit the ball further.

To do today’s drill is really simple. To do it you need an iron and a wall. Once you’ve got those two components then I want you to setup next to the wall and get to a position where your left arm is parallel with the ground and the club is pointing straight up in the air and your hand should be about a foot away from the wall like this...

Position yourself like this so your hands are about a foot away from a wall.

From this position simply complete your backswing....
...and then swing down....

....and follow-through.
Now if you **DO NOT** retain the lag in your downswing you will hit the wall with the butt of your club.

This is great feedback for you if this happens. And it’s why I got you to do this drill with the club turned up the other way. Because if you hit the wall with the grip of your club you wouldn’t have done any damage to your club. 😊

After you can do this drill successfully I then suggest you experiment with moving closer to the wall. This will make it harder to not hit the wall and will help you to retain the lag in your swing even more.

*To watch a video of this drill being performed click here*

So here’s what you need to practice today....

**Day 14 – 15 Minute Practice Plan**

- Practice the wall lag drill and keep doing this until you miss the wall every time you swing. And once you can do that then move closer to the wall at setup to make it harder.
Day 15 - Active Flexibility (Part 3)

Like on Day 13, today I’m going to get you doing some more exercises that will help you to increase your swing radius. Because as I keep saying…the longer you swing the further the ball will go.

Before you do these exercises however you need to warm-up. So click here to watch a video that shows you a series of warm-up exercises that you should do for 3 – 5 minutes (It's under Day 15 heading)

After doing your warm-up you then need to do the following three exercises.

**Straight leg kicks**

**Description:** In a standing position, slowly kick your right leg upward and across to your left hand held out forward at shoulder height. Keep the leg as straight as possible. Repeat with left leg to right hand.

To see a video of this exercise go here (it's under Day 15 heading).

**Hip And Groin Flex**

**Description:** Start in a position similar to that of doing a push-up. Then bring up one foot so it finishes just outside the same side hand then return your foot to the starting position. Then repeat with your other foot.

To see a video of this exercise go here (it's under Day 15 heading).

**Wrist Rolls**

**Description:** Hold your arms out straight and rotate your wrists around in a clockwise direction and after 15 seconds or so switch to rotating your wrists around in an anti-clockwise direction.

To see a video of this exercise go here (it's under Day 15 heading).

Here is exactly the sequence and length of time you should do this…
**Day 15 – 15 Minute Practice Plan**

- Warm-up for 3 – 5 minutes
- Straight leg kicks for 30 seconds
- Hip and Groin Flex for 30 seconds
- Wrist Rolls for 30 seconds
- Then repeat the 3 exercises again another 4 - 5 times
- To finish off the 15 minutes swing your broom to increase your swing arc and to speed up your swing.
Day 16 – Faster Swing (Part 3)

On Day 8 and Day 13 I got you to train one half of your body to swing as fast as possible. And today I’m going to help you train your entire body.

So to do this I want you to get out your driver and turn it upside down so you grip the club near the head **BUT with both hands, like normal.**

![Image of a golfer](image)

Then I want you to swing back and through as fast as possible for 10 seconds. **To see a video of this drill being performed by one of my students click here.**

After this I want you to have a break for a minute or two and then repeat it. Do this for a total of five, 10 second blocks.

Before you do this however I want you to warm up for a few minutes. So to do this you can swing your broom focusing on having a wide arc. Or you can some of the exercises that I gave you yesterday. The choice is yours.

So here’s what you should be doing today...
Day 16 – 15 Minute Practice Plan

- Warm-up for about 5 minutes by doing the broom drill or exercises from yesterday.

- Swing a turned upside down driver swing as fast as possible for 10 seconds back and through with just your right hand. There’s no stopping for 10 seconds and don’t worry about your technique. Rest about 1 – 2 minutes and repeat again. Complete five, 10 second swings.
Day 17 – Swing Sequencing (Part 1)

As far as golf swing power is concerned one of the big key’s is getting the sequencing correct from the transition in your backswing to downswing. Because during that part of your golf swing, for a brief second your upper body should be completing the backswing while your lower body is starting to move towards the target.

So to complete the transition successfully you should have two main segments of your body (upper and lower) going in different directions.

I know that sounds hard….and that’s because it is!

But it’s doable and I’m going to get you doing a great drill today that will help you to learn this.

Now if you’ve ever taken part in any other sport that requires kicking (e.g. soccer), throwing (e.g. baseball), hitting (e.g. tennis) you would’ve experienced the transition move that is needed in the golf swing. And one move that almost everyone can relate a transition to is the action of throwing a ball.

So if you wanted to throw a golf ball as far as you possibly could down the fairway would you?:

a) shift your weight to your back foot as you’re taking the ball back and then shift the weight to your front foot to throw the ball, or

b) keep your weight evenly distributed the entire time you’re throwing the ball.

I hope you picked “A” because that’s what any athlete would do to throw a ball as far and fast as possible.

Just take a look at a baseball pitcher for example. When they pitch they move their weight to the back foot and they do this so much so that when they’re taking the ball back they lift their front foot up. Then to change directions they shift their weight aggressively to their front foot and keep moving all of their weight so that at the end of the pitch basically all of their weight is on their front foot. Here is a great slow motion video of a baseball pitch for example.

Now that’s a great example of a powerful transition!

And if baseball pitchers didn’t shift their weight back and forth so much they could not do the fast pitches that they do. That example of the baseball pitcher leads nicely into this drill, as you’ll soon see.
During the transition from backswing to downswing you must let the club follow the lead from the rest of the body because the club is the last thing to move in the transition. Here is the sequential order of things that should be moving back towards the target during the transition:

1. Feet
2. Legs
3. Hips
4. Shoulders
5. Arms
6. Club

So when your club is just about at the top of your backswing you want to then start transferring the weight aggressively back to your left foot. By doing this it means that for a fraction of a second your backswing is being completed but your lower body is moving towards the target. Again, this transition happens from the ground up. OK, to learn how to do this here’s what I want you to do.

Get out your driver and setup as normal.
Then swing to the top of your backswing and stop.

While you’re stopped bring your front foot back so it’s together with your back foot.
Then to start the downswing simply move your front foot back to the position where it was at address...

...and swing down and follow-through.
By doing that you’ll quickly learn how the transition into the downswing should start with your lower body. But once you have that drill down the next thing you should do is take out the stop in your backswing.

So swing back and as you’re swinging back move your front foot back to your back foot and as you’re completing the backswing move your front foot back to where it was at address. Doing this will help you to feel your upper body going back while your lower body is moving forward.

This is super powerful!

So click here to watch this video now to get a good idea on exactly how to do this drill (it’s under Heading 17). You’ll see the easy version and then the more advanced version at the end.

There’s no two ways about it....learning to swing back with your upper body while your lower body is moving forward is tough. But if you practice this drill I’ve given you today then watch out. Longer drives will be yours!

**Day 17 – 15 Minute Practice Plan**

- Practice the stepping drill to train a powerful transition.
Day 18 - Active Flexibility (Part 4)

Like on Day 15, today I’m going to get you doing some exercises that will help you to increase your swing radius. Because the longer you swing the further the ball will go (heard me say that before 😊).

Before you do these exercises however you need to warm-up. So click here to watch a video that shows you a series of warm-up exercises that you should do for 3 – 5 minutes (it's under Heading 18).

After doing your warm-up you then need to do the following three exercises.

Dynamic Hurdles

**Description:** Important Note – You can do this exercise with an imaginary hurdle or a real one. Stand side on to your hurdle and then lift your leg over the hurdle, followed by your other leg. Once over the hurdle repeat going back leading with the second leg this time.

To see a video of this exercise go here (it's under Heading 18).

Lateral leg swings

**Description:** Hold onto a support while standing and swing one leg side to side in front of the body, keeping your leg straight. Repeat with other leg.

To see a video of this exercise go here (it's under Heading 18).

Wrist Rolls

**Description:** Hold your arms out straight and rotate your wrists around in a clockwise direction and after 15 seconds or so switch to rotating your wrists around in a anti-clockwise direction.

To see a video of this exercise go here (it's under Heading 18).

Here is exactly the sequence and length of time you should do this...
Day 18 – 15 Minute Practice Plan

- Warm-up for 3 – 5 minutes
- Dynamic Hurdles for 30 seconds
- Lateral Leg Swings for 30 seconds
- Wrist Rolls for 30 seconds
- Then repeat the 3 exercises again another 4 - 5 times
- To finish off the 15 minutes swing your broom to increase your swing arc and to speed up your swing.
Day 19 – Swing Sequencing (Part 2)

Where do you want the most power and speed in your golf swing?

Not at the start of your swing, not at the top of your backswing, **BUT** at impact, right?

Well, here is the best drill I’ve discovered to help a golfer learn how to have the most power at impact.

Interestingly this drill doesn’t involve swinging a golf club but instead you will be swinging a rope. The beauty of this drill is you get instant feedback if the power in your golf swing is NOT at impact.

Because if you have a lot of power at the end of your swing you’ll get hurt. **So because we human beings learn quickly to avoid pain, when you do this drill you’ll quickly learn how to apply the most power to the golf ball.** This will result in a lot longer golf shots. So, to do this drill you’ll need to get a fairly thick piece of rope that is about 3 and half feet in length like the one pictured below.

A good place to find a thick enough rope is a boat shop or a hardware store. Once you’ve got your rope then also need some duct tape. This is to put around one end of the rope where you’re going to be holding the rope like a golf club and then a smaller amount down the other end, as is pictured on the next page.
After your rope is ready then setup to an imaginary ball with your rope.
From your setup position make your normal backswing move with your body. But here’s a tip – you should start your backswing with the big muscles of your back and shoulders to get the rope moving away smoothly. Once you get into your final backswing position then STOP so the rope is resting on your back.

Then from this top of the swing position you then need to start your downswing. To do this you must:

- Start your downswing by moving your weight from your right foot to your left foot.

- At the same time move your hips laterally to the left and turn them as fast as you can.

This should all happen very quickly however so you won’t be able to easily distinguish the difference between your weight being transferred and your hips moving and turning.
If you don’t start the downswing correctly with a weight shift and a lateral shift and turn of the hips you will get hurt doing this rope drill. The rope will come through very fast at the finish of your swing and hit you – and that will hurt. **But it’s great feedback and you’ll probably only do it once!**

To make sure this doesn’t happen however make sure you don’t do anything with your hands after they’ve reached the top of the swing position. **Your hands are simply pulled through the downswing by your powerful lower body.** Also do nothing with your shoulders and arms. Because like the hands they are moved as a result of your lower body movements. There should be no conscious thoughts as to how to move them in the downswing, or follow-through for that matter. And when you do this drill correctly the rope will lightly tap you at the end of your swing. It won’t hurt you at all.

Why?

**Because with the correct transition from the backswing to your downswing the majority of the power in your swing is generated at the bottom of your swing — which is just where it should be.** At the end of your swing the rope should be moving very slowly as it should have very little power.
That’s why this is such a great drill because you learn to use your body to get the club moving the fastest just where it needs to...through the ball.

Now even though we’ve given you a thorough explanation of how to do this drill you can’t beat actually seeing it performed to get a full understanding of what we’re talking about. So to do that...click here to see a video of this rope drill being performed by one of my students (it’s under Heading 19).

When you do this drill you’ll quickly learn how to get the most speed and power at the bottom of your swing. This will help you to hit the ball a lot further, so get a rope and start doing this drill consistently to improve your ball striking.

**Day 19 – 15 Minute Practice Plan**

- Practice this rope drill to learn the correct sequence in the golf swing so you hit the golf ball as far as possible.
Day 20 - Active Flexibility (Part 5)

Like on Day 18, today I’m going to get you doing some exercises that will help you to increase your swing radius. Because the longer you swing the further the ball will go (last time you hear me say that 😊)

Before you do these exercises however you need to warm-up. So click here to watch a video that shows you a series of warm-up exercises that you should do for 3 – 5 minutes (it’s under heading 20).

After doing your warm-up you then need to do the following three exercises.

**Trunk Rotations**

**Description:** Lie face up on the floor with your arms straight out to either side. Then with one of your legs lift it up and move it as far over to the opposite side as you can and then return that leg to the starting position. Then repeat with your other leg.

To see a video of this exercise go here (it’s under Heading 20).

**Standing Twist**

**Description:** Stand and twist your torso to the left and right holding your arms at chest height.

To see a video of this exercise go here (it’s under Heading 20).

**Wrist Rolls**

**Description:** Hold your arms out straight and rotate your wrists around in a clockwise direction and after 15 seconds or so switch to rotating your wrists around in an anti-clockwise direction.

To see a video of this exercise go here (it's under Heading 20).

Here is exactly the sequence and length of time you should do this...
Day 20 – 15 Minute Practice Plan

• Warm-up for 3 – 5 minutes

• Trunk Rotations for 30 seconds

• Standing Twist for 30 seconds

• Then repeat the 3 exercises again another 4 - 5 times

• To finish off the 15 minutes swing your broom to increase your swing arc and to speed up your swing.
Day 21 - Faster Swing (Part 4)

So far in this program I’ve been giving you things to help you train your body to swing faster. And today I’m going to help you do that again but this time with your driver how you normally would grip it.

So to do this I want you to get out your driver and grip it normally.

Then I want you to swing back and through as fast as possible for 10 seconds. To see a video of this drill being performed by one of my students click here.

After this I want you to have a break for a minute or two and then repeat it. Do this for a total of five, 10 second blocks.

Before you do this however I want you to warm up for a few minutes. So to do this you can swing your broom focusing on having a wide arc. Or you can some of the exercises that I gave you yesterday. The choice is yours.

So here’s what you should be doing today...
Day 21 – 15 Minute Practice Plan

- Warm-up for about 5 minutes by doing the broom drill or exercises from yesterday.

- Swing a turned upside down driver swing as fast as possible for 10 seconds back and through with just your right hand. There’s no stopping for 10 seconds and don’t worry about your technique. Rest about 1 – 2 minutes and repeat again. Complete five, 10 second swings.

After you’ve completed this then go out and smack your drives at least 21 yards further.

Enjoy!
Conclusion

Well, that’s the end of this program. BUT it’s only the beginning of me helping you to become the best golfer possible. Because, here are some more resources to help you (click the words to go to the appropriate website):

- 3 Easy Steps To A Professional Swing Plane
- Increase Your Swing Speed
- Build A Swing Like A Pro
- Discover One Short Game Secret To Success
- Become A Great, Confident Putter
- Train Your Mind For Golf Success

I hope you’ve enjoyed the last 21 days. Please email me your results and give me feedback. I would love to hear from you.

For Consistent Golf,

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