



INSTRUCTION MANUAL

svving — the handy training tool for your golf swing.

For the greatest possible enjoyment of your **svving** and to avoid injuries and damage, it is important for you read this instruction manual carefully and save it for future reference.

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01 YOUR SVVING, THE HANDY TRAINING TOOL

Your **svving** supports you with targeted alignment, controlled rotation and the ideal swing level of your golf swing. The best place to use it, is in the training area, i.e. on the driving range. Your **svving** also supports your game when training on the golf course.

02 COMPONENTS TECHNICAL SPECIFICATIONS

Your **svving** consists of two major parts:

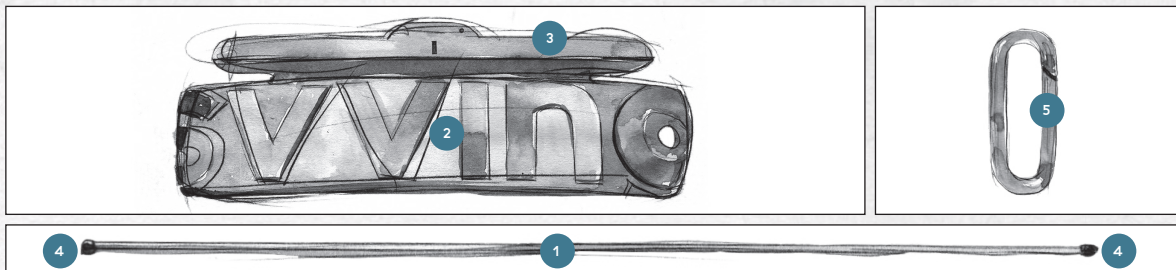
- the stick
- the bracket

There is also an carabiner clip enclosed which you can use, if desired, to easily attach your **svving** to your golf bag.

- **Stick**
Color: white
Dimensions: L: 34", 860 mm
Diameter: 5/16", 8 mm
- **Bracket**
Color: various colors e.g. red, blue
- **Dimensions:** L: 8", 200 mm
W: 2", 60 mm **H:** 1¼", 30 mm
- **Cap of the stick**
Color: various colors e.g. red, blue
- **Carabiner clip**
Color: natural and colored

03 A DETAILED VIEW

1. Stick
2. Bracket
3. Clamping rail
4. Cap
5. Carabiner clip



04 INTENDED USE

Your **svving** is a specially designed golf training tool. It consists of a stick and a bracket with a clamping rail the stick has to be clamped in. Place the bracket in the waistband of your pants or skirt. The bracket with the attached stick serves as an alignment or guide for your golf swing and golf stroke training.

When you are not using your **svving**, you can simply attach it to your golf bag with the carabiner

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IMPROPER USE

To protect yourself and others, please use your **svving** only in the manner intended.

Any use other than described above is not intended use and must be avoided. In particular, not intended use means:

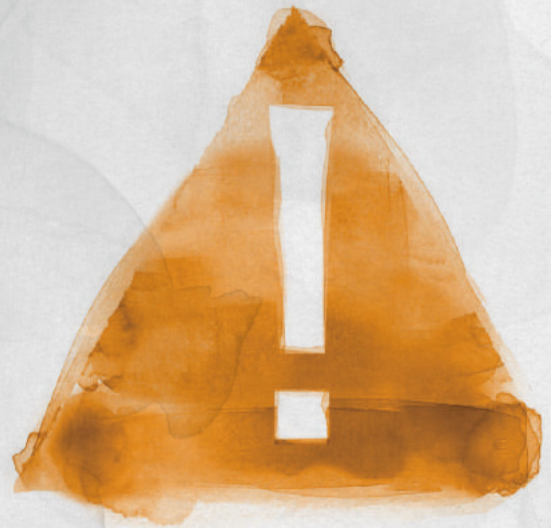
- Misuse of the stick or bracket separately
- Use by persons under age 14
- Use as a toy

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YOUR SAFETY

svving's mission is to provide all golfers with the best possible equipment for their swing training and golf play, regardless of their skill level. For your safety and the safety of others, make sure anybody using the **svving** meets the following minimum requirements:

- Age 14 or older
- Basic knowledge of golf
- No physical restrictions when wearing the **svving**, e. g. do not use during pregnancy.
- Do not use alcohol or drugs, including prescription medication as these can impair perception or responsiveness.



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SAFETY MESSAGES

Please make sure that you read and understand all safety messages below and follow them to protect yourself and others from injuries.

⚠ WARNING

- Avoid injuries to yourself and others, especially eye injuries.
- Always maintain a safe distance from others when using **svving**.
- Avoid careless movements that could injure yourself and others.
- Make sure the bracket fits properly to avoid discomfort.
- Make sure that the stick is securely clamped into the clamping rail at the clamping point.

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SUSTAINABILITY

Golfers have a strong connection to nature, as nature is an integral part of our sport. This is why we use recycled or recyclable materials for **svving** and the carabiner clip. Our stick is currently made from fiberglass (with recycled caps). For the stick we have not yet identified an alternative material.

TRAINING WITH YOUR SVVING

Your **svving** is set up in an identical manner for right-handed and left-handed people. The following description is for right-handers. This must be adjusted accordingly for left-handers. Basically right must be replaced by left or vice versa.



How to prepare your svving for training:

1. Take the bracket and stick out of their packaging and join them by pushing the stick into the clamping rail of the bracket until you hear a click. The position of the stick in the clamping rail depends on your training goal. Clamping the stick in the middle is the standard position.
2. Insert the bracket with the stick attached between your shirt and the waistband of your pants or skirt.
3. Finally, check whether your **svving** is inserted firmly and is not pressing on anything; if necessary, adapt the fit of your **svving** to your individual requirements.

WHAT YOUR SVVING CAN DO FOR YOU

Start getting to know your **svving** without hitting a golf ball. While you are practicing, **svving** gives you instant information on the essential variables of your golf swing.

- **svving** shows you in which direction your hip is orientated.
- During a complex stroke, **svving** gives you immediate information on the extent of the rotation of your whole hip.
- **svving** significantly changes the chain reaction (coupling) of your golf swing. As soon as you take care of your hip, the rest falls in place.

1. Direction, orientation

If the middle of the stick is clamped into the middle of the bracket, the stick shows you the position of your hip. With every turn, even small changes in your hip position are clearly visible through the position of the stick. Before the stroke your pelvis must be aligned parallel to the target line.



2. Rotation, improved rotation, translation

The movement (rotation) of the hip is transferred directly to the stick, and the two ends of the stick indicate the rotation of the hip. In the back swing, for example, you can check that the shoulder girdle rotates first in the sequence of movements and that the rotational movement of the hip is delayed a little.

In the down swing **svving** shows you the translation of the golf swing from right to left leg towards the goal. At the same time your pelvis first moves slightly to the left and your arms are lowered to the right costal arch. Thanks to **svving** you can recognize the subsequent pelvic rotation on the left leg.

3. Hip inclination, rotational axis

svving also shows the inclination of the hip. In the back swing, the stick points out the vertical pelvis position. The centered rotation lowers the pelvis on the left side and builds up tension resistance on the inside of the right leg. During the down swing, translation takes place on the left axis of rotation.



4. Swing exercises

After a few preparatory alignment and rotation exercises as described above, you can start with the first real swing exercises with a golfball.

It is best to start with slow turns and a short stroke distance. This helps to internalize the feeling for the correct biodynamic process. For example, start a half swing with a short iron (with the stick clamped in the middle of the bracket) by opening your hip. When swinging through, make sure that you rotate around your center (axis of rotation). Even with bad down swings, the stick gives you immediate feedback. If you do it wrong, the stick might be pried out of the clamping rail by your club.

When training with your **svving** you develop more and more a feeling for the correct, synchronized swing process and the successful initiation of the individual body parts and muscle groups. This is called coupling. After you have internalized the first confident swing sensation, you should expand the half swing to a whole swing by using everything from the short iron to the driver. More information and instruction videos are available at www.svving.com



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TRANSPORT AND STORAGE

1. Transport

Your **svving** is designed to accompany you to every golf activity easily and without extra effort. To avoid damage and hazards, please pay attention to the following when transporting your **svving**:

⚠ WARNING

- Always carry your **svving** in such a way that it will not touch or injure anyone.
- Avoid contact with hard or sharp objects.
- Never bend the stick or press down on it.

2. Storage

For your **svving** to last as long as possible it needs proper care and storage.

NOTICE

- Avoid damage (plastic corrosion) due to improper storage.
- Choose a clean, dry and frost-free place to store your **svving**.
- If your **svving** gets wet, rub it completely dry before storing it.