

THE GOLFFOREVER SWING TRAINER

Product Usage Instructions



GOLFFOREVER™

Inappropriate or unintended use of this product may lead to serious person injury or property damage! Please read and follow these instructions before use.

Proper Usage

- The GolfForever Training System is intended to be used with the GolfForever digital fitness and flexibility program. Your purchase includes free access to the entire program completely FREE for 30 days.
- GolfForever highly recommends that you complete a comprehensive physical examination before beginning any exercise program. Do not move into pain. If you experience any discomfort during use, stop immediately & consult your physician.
- Please use caution & carefully follow all exercise instructions. The instructions are provided for your benefit but you understand, acknowledge and agree that you are using the product at your own risk and subject to the limited product warranty provided at www.golfforever.com/warranty.
- It is appropriate to modify exercises as needed based on your fitness level and/or range of motion.
- Inspect all components before and after each use: ball fitment, grips, resistance tubes, and carabiners noting loose or broken parts, scratches, holes, tears, worn areas, stretch marks, discoloration, or loose stitching. Inspect the carabiner to make sure the swing gate is working properly upon closure before and after each use. Only use the Swing Trainer and its components as intended and described here.
- Load on carabiners is intended to be longitudinal. Cross loading carabiners can lead to catastrophic failure. Cross loading is when weight is loaded to the carabiner gate and spine rather than along its longitudinal axis. Carabiners included in this kit are for use only in connection with the Swing Trainer and are not intended for climbing or any other purpose or use.
- When using the Swing Trainer, ensure that you have adequate space and clearance to perform the exercises and movements prescribed by the GolfForever staff. Ensure that all obstructions and sharp objects are removed from the workout area.
- Before using the ball fitment component, ensure that the ball fitment base is securely attached to the shaft via the retention pins.
- Before using the resistance tube component, ensure that the tube is securely attached to the shaft eye bolt and the anchor point, using the carabiners provided.
- **Failure to securely attach the ball fitment base to the shaft or failure to attach the tube to the shaft eye bolt and the anchor point may lead to serious personal injury or property damage.**
- Always use extreme caution to protect your eyes when using resistance tubes.
- Always use a strong anchor point such as a closed door or sturdy structure or piece of equipment. If the carabiner is connected to the cord (as in around a pole or post for example) ensure that the carabiner gate is securely shut around the cord.
- When using the door anchor, it is strongly recommended to make sure the door is latched and securely closed so it does not open when being pulled against.
- When using the Swing Trainer with the removable Weighted Ball(s), refrain from striking the ground. It is also best to use this product on a hitting mat or grass surface while wearing appropriate footwear.
- For more information about the proper usage of this product, view the official instructional video at <https://vimeo.com/647890555>

Improper Usage

- If you find any defect, DO NOT USE the product, and contact GolfForever Customer Service. If the defect is covered by GolfForever's warranty, GolfForever will repair or replace the product pursuant to the warranty terms and conditions.
- The GolfForever Swing Trainer is not intended for use by children and should only be used by people 18 years or older. KEEP OUT OF REACH OF CHILDREN, pets, or any individual who may require supervision.
- Never let the Swing Trainer go when the resistance tube is under tension. Sudden release will cause the tube to snap and can cause significant injury, disfigurement, or death.
- During use, carefully return the tube back to its original length before releasing.
- Do not allow the resistance tubes to come into contact with concrete or other rough surfaces, which may tear, weaken, or scratch the fabric sheath or tube latex.
- Do not stretch the tubes to more than 3 times their original length (or to where the nylon safety sleeve reaches its maximum stretch length).
- Never wrap the tubes around your neck, mouth, head, shoulders, or torso.
- Do not wrap or connect the tube at the handle end of the Swing Trainer bar. This improper loading may cause the bar to bend.
- Do not use the Swing Trainer to strike any objects at any time, including hitting the floor.
- Do not remove the sleeve from the GolfForever Resistance Tube for any reason.

Please Note

- Anchoring the unit to a tree, golf cart, railing, etc. via wrapping the cord around the object and connecting with the carabiner can and will add wear to the cord over time.
- Inappropriate or unintended use of this product may lead to serious person injury or property damage.
- Only use the Swing Trainer and its components as intended and described in these instructions.
- If you have any questions, concerns or comments about the GolfForever Swing Trainer, please contact Customer Service before using at 1 (888) 857-1324 or info@golfforever.com.

