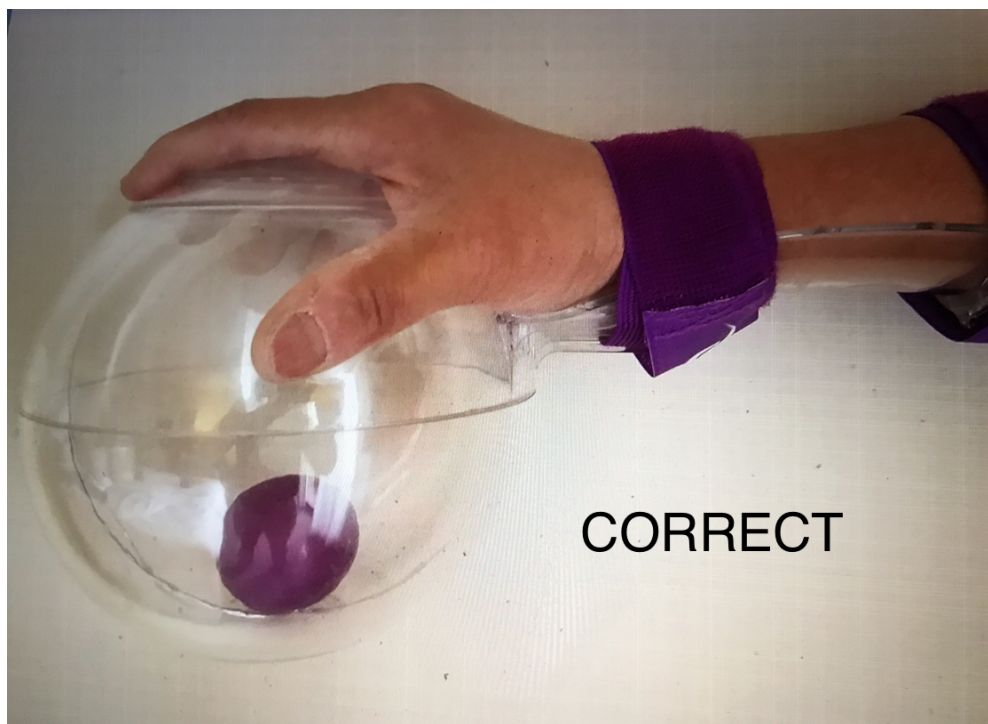


GOLF

ShoulderSphere® Instructions for Use

Correct position: ensure your wrist is relaxed and has complete contact against the plastic splint while being securely strapped in by the elastic strap. Relatively tight engagement is necessary in order to optimize the rotator cuff workout. Make sure there is no wiggle room between your wrist and the splint. This also avoids undue stress against the plastic splint, which may cause breakage.

The easiest way of putting on the ShoulderSphere® is to place it on top of your hand -- PALM facing UP - and gently cradle it, making sure that the strap is wrapped securely, particularly the part at wrist level.



Incorrect position: note in the image below how the wrist is tense and flexed against the splint. There is a large gap between the splint and the wrist, which creates undue three-point contact stress against the plastic splint. This will break the plastic splint. There should be no wiggle room in-between the skin and the plastic splint. Incorrect posture prevents an optimal rotator cuff workout.



Although over 80% of the power and distance in driving the golf comes from the legs, hips, and uncoil from the torso, unfortunately over 80% of average golfers tend to rely more than 80% of the time their arms. The shoulders do get a bit over used and abused.

This 10 week rotator cuff progressive strengthening program is designed to minimize shoulder injuries in both the “power” and the “follow through arm” for the average and more elderly (unable to twist their backs as well) golfers so that they may continue their passionate participation in golf while avoiding injury and hopefully build up strength and control with their arms.

Need to work out both arms.

Use the F2 ShoulderSphere.

Simulate and “mirror” the golf swing as closely as possible while spinning the ball inside the ShoulderSphere. Slow spin at low power gets the green light to light up. High power spin velocity gets it to light up in red. Green light may give a 60 yard drive, red light gives over 100 yards.

Workout with each arm — mirror each arm’s activity. The closer the mimicking activity, the stronger the muscle memory for rotator cuff strengthening and protection. Most importantly is making sure the ball spins smoothly and nicely, no bouncing, go through each swing in a deliberate fashion over approximately 3 seconds for a complete up and down motion.

Only need to train 2-3 times per week to appreciate muscle benefits. Need 24 hour muscle recovery and build up time in between. Reason being ShoulderSphere workout is highly

concentrated and selective for the rotator cuff muscles that the user needs to avoid pain from overtraining. Key is disciplined and continued maintenance 2x/ week at the 10 week volume once the shoulders build up to that level.

Week 1. 5 swing simulations each arm.
2 sets.

Week 2. 7 swings. 2 sets.

Week 3. 10 swings. 2 sets

Week 4. 12 swings. 2 sets

Week 5. 14 swings. 2 sets

Week 6. 12 swings. 3 sets

Week 7. 12 swings. 3 sets

Week 8. 15 swings. 2 sets

Week 9. 17 swings. 2 sets

Week 10. 20 swings. 2 sets

Goal by 10 weeks is to be able to do 20 swings with good spin of the ball for 2 sets each arm. Since it takes about 3 seconds for each swing move, this workout should take no longer than 2 minutes each arm twice a week for continued maintenance.

Time worth spent!