



# POWER WEDGE

## USAGE AND SET-UP INSTRUCTIONS

**△CAUTION:** Give yourself plenty of room. Make sure that furniture, objects and people are out of the practice area so you don't hit them while practicing your swing.

### SETUP

Lift and open the top of the SKLZ Power Wedge and stake the wedge to the ground using golf tees. Then take your stance, positioning the back foot over the wedge so the wedge rests under the outside of the foot, opposite the instep. The outside edge of your shoe should be placed roughly half way up (on the SKLZ logo).



### USAGE

Great golf swings are all about solid footwork and body sequencing, and the SKLZ Power Wedge encourages both. When practicing with it, focus on two key elements:

1. Backswing Coil – Keep your weight on the insides of your feet. As you swing back, the Power Wedge will discourage swaying and instead encourage rotation of your shoulders and hips. This will get you loaded up on your back leg, maintaining a solid lower body position and promoting a powerful coil, ready to be released in your downswing.
2. Downswing Sequencing – Start your downswing from the ground up, turning your hips first, rather than your shoulders and arms. In your practice swings, listen for the "Click" followed by the "whoosh" the club makes as you release it through the impact zone. When hitting balls, the "Click" should match your point of impact.

The properly sequenced "Click" means you're shifting your weight off your back foot with solid timing. Watch your ball-striking improve and your scores go down!

Note: We recommend starting with practice swings only (no ball) to groove your timing and weight shift with the Power Wedge. Then move to hitting balls.