



**AST**

AUTOMATIC SWING TRAINER

# How to Set Up and Practice with the AST™



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**CAUTION:** the Automatic Swing Trainer™ (AST™) is intended solely for use as a golf swing training aid. Training movements should be completed in SLOW-MOTION. Injury may result from improper or “full-speed swing” use of the AST™. Refer to the enclosed DVD video instruction for proper set-up and use of the AST™.

## Automatic Swing Trainer (AST) Bag Contents

1. AST base with slide bar
2. AST telescoping tubes, single hinge with AST grip and weights
3. Putting attachment\*
4. Golf bag attachment\*
5. 4 quick-release set pins, Allen wrench and bolt
6. AST carry bag



\*Included only with complete AST™ package



## **Welcome to the Automatic Swing Trainer™! (AST™)**

We believe that the use of the AST™ will be one of the best decisions you've ever made as you continue to improve your golf game, and specifically your golf swing. We're confident you'll quickly learn valuable knowledge and "feel" where your swing should be. You're just a few minutes away from learning what a great golf swing feels like. As you assemble and begin using the AST™, please keep in mind that a golf swing is simple and symmetrical. To get the most out of your new AST™, review the following instructions and drills SLOWLY. Slow-motion practice with the AST™ will help you create the correct muscle memory for a consistent, accurate golf swing. Slow-motion training will help your muscles and brain remember the AST™ training when you get out on the practice range or on the golf course. Avoid the temptation of swinging fast and hard with the AST™. Muscle memory is developed by slow, natural movements repeated over and over.



As you unpack the contents and assemble the telescoping tube to the slide bar and base, use caution as the parts are heavy. To avoid possible injury, open the AST™ carry bag contents on the floor.

We have also included an instructional DVD with your AST™. Before using the AST™, it is important that you watch the DVD and see exactly how the AST™ works and how it will improve YOUR swing!

***Now, let's get started!***

## ASSEMBLY INSTRUCTIONS

### Telescoping Tube Assembly

1. Unroll the AST™ mat, revealing the telescoping tube with hinge and weights, slide bar, putter attachment, golf bag attachment, Allen wrench and pins.
2. Lay the AST™ mat flat on the floor with the slide bar and slider facing up.
3. With the weights on top of the telescoping tube, insert the tip of the telescoping tube to the slider bar and line up the hole on the tip of the telescoping tube with the two holes on the slider bar.
4. Insert one of the included quick-release set pins all the way through the telescoping tube and the other side of the slider until it locks in place



## **Putter Attachment Assembly**

1. (If the telescoping tube is already attached.) Insert your finger into the ring of the set pin and pull out the set pin from where the telescoping tube and slider meet.
2. Remove telescoping tube from the slider.
3. Use the two Velcro straps of the putter attachment to fasten your own putter shaft to the putter attachment. Make sure straps are on snug so the putter does not wiggle.
4. Insert the tip of the putter attachment to the slider bar and line up the holes.
5. Insert one of the set pins all the way through the putter attachment holes and the other side of the slider until it locks in place.



## **Golf Bag Attachment Assembly**

1. (If the telescoping tube is already attached.) Insert your finger into the ring of the set pin and pull out the set pin from where the telescoping tube and slider meet.
2. Remove telescoping tube from the slider.
3. Attach the golf bag attachment to the bottom of the golf bag on the side opposite the carry straps, by removing the self-adhesive portion of the hook & loop tape and sticking the golf bag attachment strap to the base of the golf bag.
4. Then adjust the straps tightly around the base of the bag and click the straps together.
5. Locate pin holes on the golf bag attachment. With the weights on top of the telescoping tube, insert the tip of the telescoping tube so that the holes line up.
6. Insert one of the set pins all the way through the telescoping tube and the other side of the bag attachment until it locks in place.
7. The grip and weight portion of the AST™ can be slipped into a club compartment for storage.



## HOW TO USE THE AST™

\*NOTE: These instructions apply to right-handed golfers. The AST™ is carefully designed so that left-handed golfers use the AST™ exactly the same, only the instructions should be followed in reverse when talking about setting the pins on the slide bar for correcting slices.

\*\*REMINDER: All actions should be done in SLOW MOTION in order to correctly utilize the technique of the AST™.



## GRIP

Take the grip as shown making sure that the thumb of the top hand is resting on the thumb print of the grip, and the fin is between the thumb and pointer finger of the bottom hand. The AST grip will work right or left handed. Both palms should be facing each other. Do not grip the handle tightly. The strength of your grip should feel like you're "holding a baby bird." A correct grip makes a good swing possible.



## HINGE-UP PRACTICE

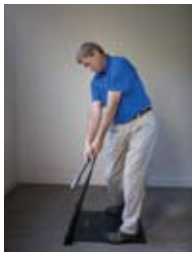
Learning how to “hinge up” is a fundamental of the golf swing, and the key to using the AST™. From an athletic position (knees slightly bent as if ready to jump) and with your correct grip (this is called “address position”), hinge the AST up slightly directly in front of you from the shoulders, keeping in mind that your arms and shoulders create a triangle. Then drop your triangle (made with shoulders and arms) and feel your wrist hinge naturally. Do this 10 times.



### **SIDE HINGE PRACTICE** (not a full swing)

Again in SLOW MOTION, and using an athletic position, rotate to your back swing position. Using the natural hinge with your triangle (made with shoulders and arms), raise the triangle from thighs to chest. Keep the angle of the telescoping tubes the same throughout this motion. Repeat this motion 10 times.

Now rotate to your follow through position (same position you just practiced, only on the other side of your body). Repeat the up and down hinge motion 10 times here, as well.



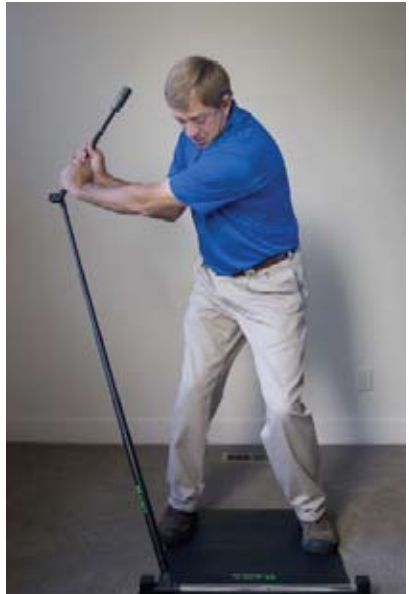
### **ADDRESS POSITION**

From an athletic position (knees slightly bent as if ready to jump), let your triangle (see photo) hang naturally from your shoulders, (at the 6 o'clock position) using a good grip with very light pressure. (Relax your hands so that your wrists are relaxed).



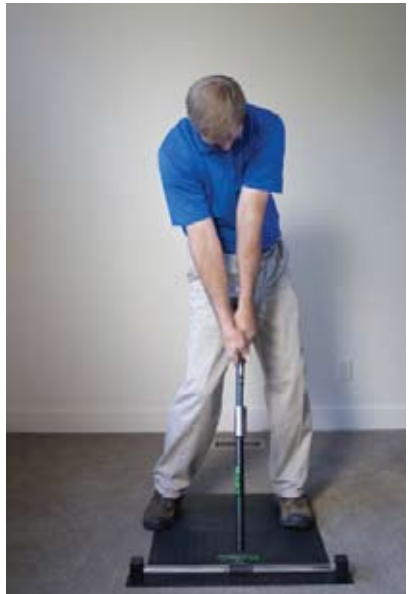
## BACKSWING

As you rotate your body to begin the backswing, the AST™ should be moving along the slide bar towards your back foot. When the slide-bar stops, begin setting the angle with your wrists and raise your triangle to chest high or 9 o'clock (a ¾-swing). SLOWLY drop the triangle back to thigh height without the slider moving and without rotating your shoulders. Then slowly rotate your body back to address position sliding the AST with your rotation. This is now "impact position".



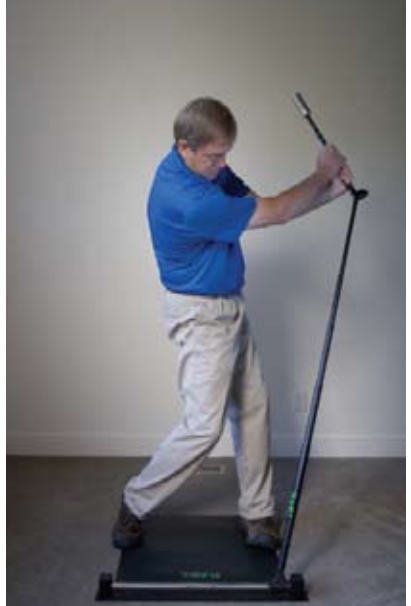
## IMPACT POSITION

Notice that "impact position" looks like "address position." The weighted grip is directly over the telescoping tubes. Impact position is where the weight has to pass the butt of the grip or where the toe of the club would pass the grip at the bottom of the circle. Note that at both "address" and "impact" positions the butt of the club should be pointing directly at your navel, which is the Center of Gravity (COG) of the golf swing.



## **FOLLOW-THROUGH**

As you SLOWLY rotate your body for the follow-through, the AST™ should be moving along the slide bar towards your front foot. When the slide-bar stops, begin hinging-up and raise the triangle to the follow-through position (again, only a  $\frac{3}{4}$ -swing). Be sure that your belt buckle is facing the target and that the triangle is always intact with your elbow pointing to your hip.



## **PUTTING ATTACHMENT**

Use the same athletic position, with a good grip (palms opposing) and create your triangle (made with shoulders and arms). Think of the putter as a continuation of the triangle to create a pendulum with the axis being below your chin and into your chest. Slide the putter head back four or five inches and then forward the same distance past your starting point. This gives you the correct line and position for an accurate putting swing.



## **USING THE GOLF BAG ATTACHMENT**

When using the AST™ attached to the bag, be sure to swing in SLOW MOTION just as you would if attached to the base unit.



## **BASIC MAINTENANCE of your AST™**

To maximize the effectiveness of the AST™, we suggest the following maintenance:

1. Periodically apply a small amount of Tri Flow™ lubricant to the top hinge at the base of the handle
2. Periodically apply a small amount of WD-40™ lubricant to the chrome slide bar using a clean rag to spread the lubricant the full length of the slide bar. Remove any excess lubricant with a clean rag.
3. To clean the rubber mat base use a small amount of mild, non-abrasive detergent and warm (not hot) water. Rinse thoroughly with clear, warm water. Towel dry. Following cleaning of the rubber base mat it is suggested that you apply a small amount of WD-40™ lubricant to the chrome slide bar as described in Item 2 above.





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