

Quick Start Guide

Automatic Swing Trainer™

- 1** Unpack AST™ package contents in front of your DVD / TV (Caution: contains heavy items. Unpack contents on the floor).



- 2** Using one of the included quick-release set pins attach telescoping tubes to the slide bar.



- 3** With the AST™ in front of the TV, play enclosed DVD and select "Set-up" and then "Training". Follow along with the instructional video to learn how to make a more accurate, repeatable, automatic golf swing.



For more Automatic Swing Trainer™ instructional videos, go to:
www.AutomaticSwingTrainer.com.