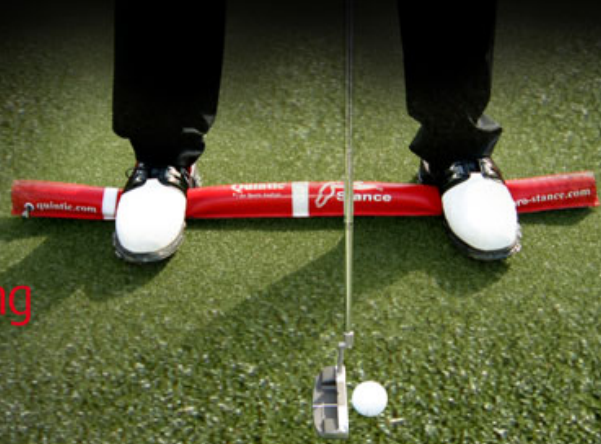


ProStance™
balance • consistency • accuracy

the base for every successful golf swing

Improve your dynamic balance for powerful more accurate ball striking
and smoother consistent putting strokes



*Available now for retail and whole sale in Singapore.
LipGolf.com (Sole Agent for Singapore)
Get them now to improve your core balance for golf!!*

Why ProStance

The brainchild of Directors, Dr Paul Hurriion and PGA Coach Stewart Craig, ProStance was developed following extensive research into putting and full swing biomechanics.

The biomechanical research found that:

- golfers do not always know where our weight is truly positioned
- 95% of golfers, both professional and amateur, do not have a balanced golf swing

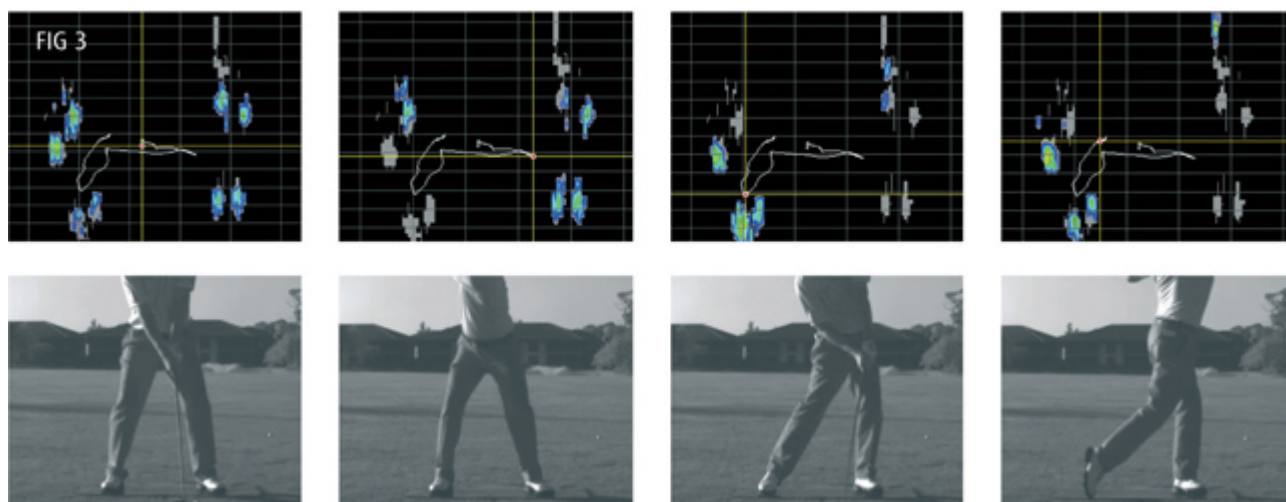
With the majority of golf coaches addressing faults with golf swings through compensations, it was apparent there was market for a product that addressed the root cause of the majority of swing faults - static and dynamic balance.

The research supported the need for golfers to be stable at address and dynamically balanced during the golf swing for powerful more accurate ball striking and smoother consistent putting strokes.

Until ProStance, the only way to determine if an individual was perfectly balanced was to use force/pressure platforms that are not feasible or accessible to the majority of golfers. Instead ProStance developed a simple yet effective alternative at a fraction of the price - with the same end result.



Technical Data



The above example shows four key swing positions of high-speed video synchronised with the RSscan Footscan pressure readings taken from a Driver swing. The four images indicate the weight distribution and position of the centre of gravity during each phase. The white dot indicates the centre of pressure during each phase of the swing. The key with the above golf swing is the balance at address, (50% toes / 50% heels) and the dynamic balance at the top of the backswing.

During the downswing the longer the golfer's centre of pressure (COP) can be directed towards the target (during the transition and start of the downswing), the more energy can be directed towards the target. Notice how the (COP) remains in the instep of the right foot and drives laterally towards the target. This in turn implies an improved efficiency, which leads towards improved accuracy.

Just prior to impact there is a significant break away towards the left heel, with the COP in the left heel at the point of Impact! This example shows a very efficient Centre of Gravity movement during the golf swing.

Full Swing & Chipping

The text below is based on a right-handed golfer

- Stand on the ProStance deflated with it located within the instep of your feet (bare feet or shoes).
- Depending on your weight, style of shoe and level (beginner, intermediate or advanced) inflate the tube with the supplied pump to enable your body to find its OWN balance. Inflate the tube until your toes or heels just start to come off the ground. It is at this point your balance needs constant adjustment, or you will fall off the ProStance. Your mind will start fine-tuning your physical movements. You are training your body to balance without even realising you are!
- Begin hitting smooth, half-swing shots. After several swings, you will begin to feel more comfortable. Gradually build up to three-quarter and move into a full swing.
- You should be able to maintain your balance, especially with your right foot during your backswing.
- Finally step off the ProStance and hit full shots feel how your feet and body react with the ground feel the importance of a balanced and athletic address position and begin to feel the correct sequencing of the backswing and downswing - with energy directed towards the target. The ProStance training aid particularly enables you to feel your own body positions at address, top of backswing, impact and finish.
- You should begin to feel how your feet and body react with the ground you will begin to feel the benefit of a balanced and athletic address position. You should also begin to feel the correct sequencing of the backswing and downswing, with energy directed towards the target. The ProStance training aid enables you to feel your own body positions at address, top of the backswing, impact and finish.

- Finally step off the ProStance and hit full shots feel how your feet and body react with the ground feel the importance of a balanced and athletic address position and begin to feel the correct sequencing of the backswing and downswing - with energy directed towards the target. The ProStance training aid particularly enables you to feel your own body positions at address, top of backswing, impact and finish.
- It is also possible to hit shots with just the right or left foot on the ProStance. The right foot only is to maintain balance on the backswing. The left foot only is to encourage the body to turn into the left heel on the downswing.

Putting

The text below is based on a right-handed golfer

- Stand on the ProStance deflated with it located within the instep of your feet (bare feet or shoes).
- Depending on your weight, style of shoe and level (beginner, intermediate or advanced) inflate the tube to enable your body to find its OWN balance. If your toes or your heels come up, you will know your balance needs adjustment. Your mind will start fine-tuning your physical movements. You are training without even realising it!
- Begin to hit a few short putts, ensuring you maintain your balance during the putt.
- As you become more proficient putting on the ProStance, inflate the tube further, it will suddenly become a lot harder... the aim is to be able to maintain your balance with the tube fully inflated... when the ProStance is fully inflated, your toes AND heels will be in the AIR!
- Finally, step off the ProStance and try some putts on the ground, you should begin to feel how your feet and body react with the ground You will begin to feel the benefit of a balanced and athletic address position even with the putter.

How to get Pro-Stance in Singapore

Contact Lip Ooi at (65) 9815 5773 or email lip@lipgolf.com to order your Pro-Stance.

Retail price **S\$130nett** per piece. For Whole Sale please contact Lip Ooi for arrangements.

<http://www.pro-stance.com>

Lip Golf Co. Reg 53088228X

M: (65) 9815 5773 E: lip@lipgolf.com W: www.lipgolf.com

Lesson Venue: Marina Bay Golf Course, 80 Rhu Cross (end of Tanjung Rhu Road)