

Perfect Release Training Glove

The Golfer's Metronome

Usage and Trouble Shooting Tips

Fitting the Glove: Adjust the glove so that it fits the hand snugly. Next, pull the zipper all the way down to the wrist. Finally, adjust the strap so that it holds the transmitter firmly to the wrist allowing minimal travel.

Placement of the Transmitter: After fitting the Glove, be sure the hinging action of the transmitter is concurrent with the hinging action of your wrist. If not, re-locate the transmitter to the proper eyelet holes so the hinging action of the transmitter hinges with the wrist. Required tools (7/32 wrench & Philips S/C).

Step, (1) Selecting the Correct Toggle Switch Configuration

Right handed players, activate toggle switch # (1) by sliding switch to the on position. Left handed players activate toggle switch # (2) by sliding switch to the on position.

Step, (2) Testing the Transmitter

Once the transmitter is set to the on position, keep your hand to wrist in the neutral position so as not to accidentally activate the buzzer. To activate the buzzer you must cock your wrist to your normal set position. The transmitter requires a 1/8th of an inch travel at the end of the radius on the circuit board to activate the buzzer. Once the transmitter is set to the on position, adjust the volume control knob to the desired level. Before training, move your wrist to the set position and back to the release position to get a feel for the proper wrist motion and to test the transmitter buzzer. If you cup your wrist in either direction, the buzzer will not sound. Remember to keep your wrist on a flat plain.

Step, (3) Establishing Your Set-Up Position

Use the glove to establish and re-establish your set up position by first applying the proper grip and stance. Once the proper grip and stance is established, cock your wrist, moving the club shaft to a vertical position in front of your body. Next, slowly move the club back down to the ground until you hear the beep. This procedure will set your club shaft in the exact same lie angle every time you set up to the ball.

Step, (4) Defining Your Swing Tempo

When first training with the glove, do not adjust your set and release points in your swing pattern. Simply listen for the beeps, which represent your set and release points in your swing pattern to allow your body to define a tempo based on your body configuration. If you have trouble hearing the beeps at the set and/or release points, simply slow your swing motion until the beeps are audible.

Step, (5) Adjusting Your Release Point

Once you have defined a consistent tempo, you can then adjust your release point in your swing. A later release point will transmit a greater amount of kinetic energy into the ball increasing ball flight and distance. An earlier release point will result in greater accuracy.

When not using the training glove, remember to slide the toggle switches to the off position.

Troubleshooting Tips:

The buzzer will not activate.

- A.** The correct toggle switch is not set to the on position.
- B.** You are cupping your wrist in your back swing causing the circuit board to come off plane not allowing the traces to make physical contact. (Try re-gripping your club using a stronger grip position.)
- C.** You are not making the required 1/8th inch travel when cocking your wrist. To increase wrist travel, simply exercise your hand to wrist motion until the required amount of travel is achieved.
- D.** Your leading elbow is bent not allowing your hand to wrist cock to make the required amount of travel to activate the buzzer.
- E.** The transmitter hinging action is not concurrent with the hinging action of your wrist. Simply re-locate the transmitter to the proper eyelet holes so the hinging action of the transmitter hinges with the wrist.

The buzzer activates but continues to buzz until the hand to wrist position travels forward releasing the club during the downswing.

- A.** The required 1/8th inch wrist travel has not been fully achieved. i.e., the traces on the circuit board have made contact, but have not traveled past each other deactivating the buzzer. (Simply follow the instructions for correction given in example **C.** and/or **D.** and/or **E.** above under Troubleshooting Tips.)

The buzzer is heard when the hand is set in the back swing, but is not heard when released on the down swing.

- A.** You are casting your club forward and passing by the contact trace to fast to hear the buzzer. Simply slow your swing tempo down until you hear the buzzer on the release during the down swing.