

**Philosophy:** Balance is the Foundation of an efficient, athletic motion. Golfers who swing in balance are more powerful and consistent than those out of balance. Poor balance can lead to tension and manipulation of the golf club during the swing.

**Purpose:** The Orange Peel is designed to improve balance and promote proper rotation around the center of gravity. The Orange Peel is like standing at the bottom of a sphere – all forces pushing you to the center to establish the balance point. Once the core is "centered", the golfer can produce more effective rotary motion and a free, natural whipping motion will result.

**Benefits:** The Orange Peel will promote a proper setup position and align your center of gravity in the core region while training an athletic golf swing and achieving a workout. To more easily correct swing faults, the user will adjust the position of their feet on the Orange Peel. This reaction to the weight re-distribution forces the golfer to naturally adjust the swing plane to fit their posture.



Before using the Orange Peel, perform some light stretching exercises to loosen-up. This will maximize effective use of the Peel and Minimize any chance of injury. Please consult your physician if you have questions relating to your health and the use of this product.

ORANGE  PEEL

- Center the core for improved balance
- Develop a dynamically athletic stance
- Promotes rotation around center of gravity
- Synchronize the upper and lower body
  - Experience different swing planes
  - Recreate uneven slope conditions
  - Facilitates proper body release



- Durable plastic design
- Rubber surface area for secure footing
- Concave surface area
- 44 inches long and 25 inches wide
- 21 lbs total weight
- Built in handles for easy transport

For more information, please visit our website at  
[WWW.ORANGEWHIPTRAINER.COM](http://WWW.ORANGEWHIPTRAINER.COM)  
or call toll free  
**877-505-9447**

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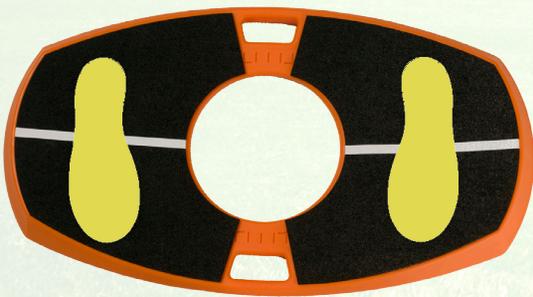
## Orange Peel Overview

The Orange Peel is a device that helps the user to manipulate their center of gravity. By altering the center of gravity, the user is able to naturally change their tilt, spine angle and swing plane. The ability to easily change and explore different positions while swinging a golf club or Orange Whip is extremely valuable. This type of training can help address swing faults, recreate slope conditions, and experiment with different swing planes.



### Standard Training Position:

Feet should be placed shoulder width apart in the center of the Orange Peel with the white line bisecting the middle of both feet. Assume a comfortable, balanced starting position using an orange whip or a golf club of your choice.



## Swing Fault #1

Outside to Inside Swing Path ("Over the Top")

Type of Shot: Slice or Pull

Set your feet forward so that your toes are at the edge of the Peel. With toes raised your center of gravity moves back and toward your heels. Your upper body and spine angle is raised to a more upright position which in turn will naturally flatten the swing plane.

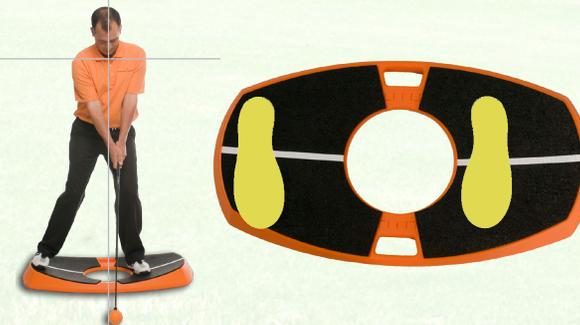


## Swing Fault #3

Difficulty releasing Body/Weight/Club to the left side.

Downhill lies

Set your feet so the right edge of the right foot is at the right edge of the Peel, while the inside of the left foot is at the edge of the inner circle. Make sure the white line bisects the center of both feet in this position. Your center of gravity shifts toward the left side with the majority of your weight resting on the left foot. This position will help you fully release the club, your weight and rotate through to the target.



## Swing Fault #2

Inside to Outside Swing Path ("Stuck" or "Trapped")

Type of Shot: Hook and Block

Set your feet backwards so that your heels are at the edge of the Peel. With heels raised your center of gravity moves forward and toward your toes. Your upper body and spine angle is lowered toward the ground to a flatter position, which in turn naturally creates a more upright swing plane.



## Swing Fault #4

Difficulty shifting Weight/Rotating to right side.

Uphill lies

Set your feet so the left edge of the left foot is at the far left edge of the Peel, while the inside of the right foot is at the edge of the inner circle. Make sure the white line bisects the center of both feet in this position. Your center of gravity shifts toward the right side with the majority of weight resting on the right foot. This position will help you achieve a full turn and the proper "loading" of your weight and upper body during backswing, promoting proper weight shift and rotation.



**Caution: The edges of your feet should never extend beyond the further most edges of the peel or the edges of the inner circle.**