



## INSTRUCTION MANUAL

svving — the training tool for your golf swing.

For the greatest possible enjoyment of your svving and to avoid injuries and damage, it is important to read this instruction manual carefully and keep it for future reference.

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## 01 THE TOOL

Your **svving** supports you with the targeted alignment, the controlled rotation and the ideal swing level of your golf swing. The best place to use it is in the training area, i.e. on the driving range. Your **svving** also supports you when training on the golf course.

## 02 COMPONENTS

Your svving consists of two parts:

- the alignment rod (stick)
- the bracket

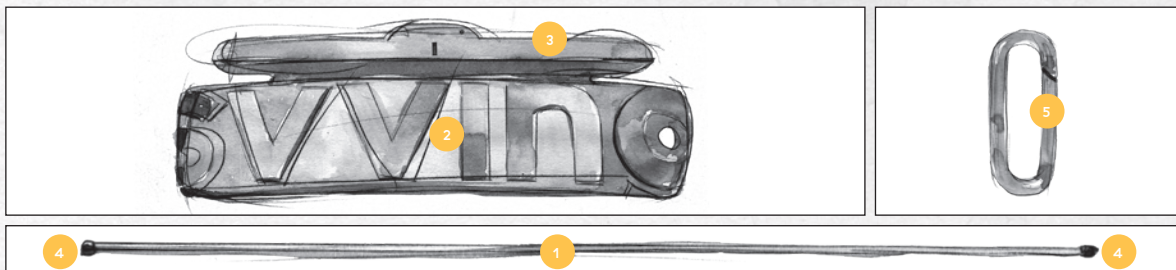
- **Alignment rod (stick):** Fibreglass–polyester (GF–UD) **Colour:** white
- **Bracket:** recycled synthetic material **Colour:** natural white and coloured
- **Cap:** recycled synthetic material **Colour:** natural white and coloured

- **Carabiner clip:** recycled synthetic material **Colour:** natural and coloured
- **Product dimensions**  
**Bracket:** L: 200 mm W: 60 mm H: 30 mm  
**Stick:** L: 860 mm Ø: 8 mm

## TECHNICAL SPECIFICATIONS

## 03 COMPONENTS IN DETAIL

1. Alignment rod (stick)
2. Bracket
3. Clamping rail
4. Cap
5. Carabiner clip



## 04 INTENDED USE

As a training tool, your **svving** is constructed specially for use in golf and consists of an alignment rod — also called a stick — and a bracket that is clamped to the alignment rod. Your **svving** is placed in your trouser or skirt waistband with the help of the bracket and thus serves as an alignment or guide for your golf swing and golf stroke training. When you're not using your svving, you can simply attach it to your golf bag with a carabiner.



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## IMPROPER USE

To protect yourself and others, please use your **svving** only in the manner intended.

Uses other than those described above are not intended and should be avoided. In particular, improper use refers to:

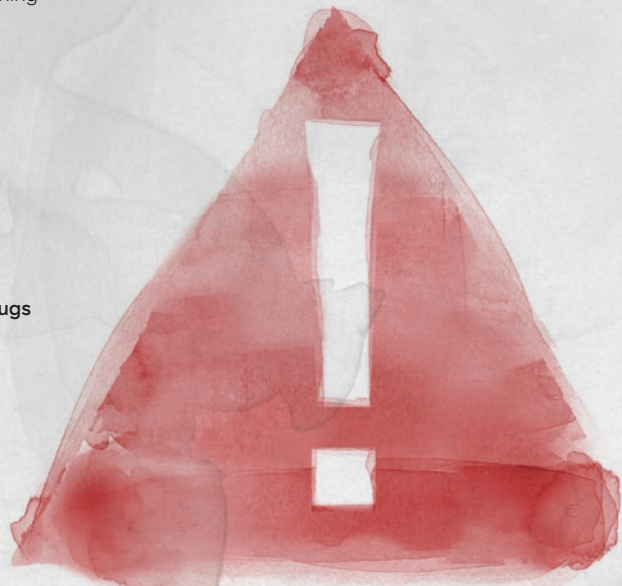
- Misuse of the stick or bracket separately
- Use by children
- Use as a toy

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## YOUR SAFETY

**svving**'s mission is to provide all golfers with the best possible equipment and swing training, regardless of their level. For your safety and the safety of others, you should note the following minimum requirements when using the **svving** training tool:

- Minimum age 14
- Basic knowledge of golf
- No physical restrictions when wearing the training tool, e.g. during pregnancy
- No impaired perception or responsiveness caused by drugs or alcohol



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## SAFETY WARNINGS

*Please make sure that you read the full text of the safety warning notices to adequately protect yourself and others from danger!*

**Caution:** A poorly fitting bracket can cause discomfort in the abdomen or hip.

- ▶ Use the **svving** tool only if it doesn't cause physical discomfort!

**Caution:** When using the stick, you could crush something on impact.

- ▶ When using the stick, pay attention to the clamping point on the rail and keep the device away from children.

**Caution:** Careless movements with the **svving** training tool can injure yourself or other people.

- ▶ Maintain sufficient distance from other people when wearing the tool.

- ▶ Avoid careless movements that can pose a danger to yourself or others.

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## SUSTAINABILITY

As golfers, we have a strong connection to nature, as it forms an integral part of our sport. That is why we would like to give something back.

For this reason, we use recycled or recyclable materials for **svving** (+ the carabiners). This makes it somewhat more expensive to manufacture, but also much better for the environment.

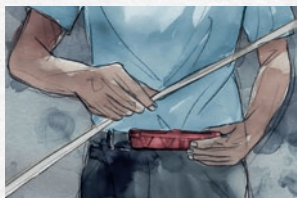
Our stick is currently made from fibreglass (with recycled caps). In this case, we haven't yet found an alternative material that can meet the requirements.

But we're working on it — and, with the environmentally friendly product colours, in future you can be "green" in any colour with **svving**.



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## SETTING UP



**svving** is set up in an identical manner for right-handed and left-handed people.

**How to prepare your svving for training:**

1. Take the bracket and stick out of their packaging and join them.
2. Push the stick into the clamping rail of the bracket until you hear it click. The position of the stick in the clamping rail depends on your training goal, e.g. "middle" (middle is the standard position).
3. Attach the bracket with the stick by simply inserting it between your shirt and the waistband of your trousers or skirt.
4. Finally, check whether your **svving** is inserted firmly and not pressing on anything; if necessary, adapt the fit of the training tool to your requirements.

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## FUNCTIONS

While you're practising, **svving** gives you instant feedback on the essential variables of your golf swing.

- **svving** shows you in a simple way in which direction your hip is orientated.
- During a complex stroke, **svving** gives you immediate feed-

back on the extent of the rotation of your whole hip joint.

- **svving** significantly changes the chain reaction (coupling) of your golf swing. As soon as you take care of your hips, the rest sort themselves out.

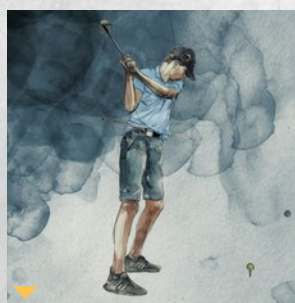
*The description is for right-handers. This must be adjusted accordingly for left-handers. Basically right must be replaced by left or vice versa.*

### 1. Direction, orientation

If **svving** is clicked into the middle of the bracket, the stick shows you the position of your hip. With every turn, even small changes in your hip position are clearly visible through the extension. Before the stroke, your pelvis can be aligned parallel to the game line.

### 2. Rotation, improved rotation, translation

*The movement (rotation) of the hip is transferred directly to the stick, and the two ends of the stick indicate the rotation of the hip. In the backswing, for example, you can check that the shoulder girdle rotates first in the sequence of movements and that the rotational movement of the hip is delayed a little.*

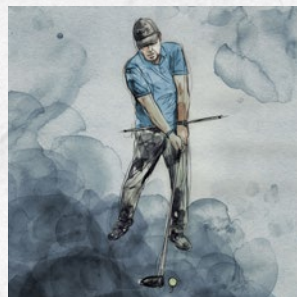


In the downturn, **svving** then shows you the translation of the golf swing from right to left leg towards the goal. In the downswing phase, after the pelvis first moves slightly to the left and your arms at the same time are lowered to the right costal arch, thanks to **svving** you can recognise the subsequent pelvic rotation on the left leg.



### 3. Hip inclination, rotational axis

The stick also shows the inclination of the hip. In the back-swing, **svving** points out the vertical pelvis position. The centred rotation lowers the pelvis on the left side and builds up tension resistance on the inside of the right leg. During the downturn, translation takes place on the left axis of rotation.



### 4. Swing exercises

**After a few preparatory alignment and rotation exercises (see above) you can start with the first real swing exercises.**

It's best to start with slow turns and a short-stroke distance to internalise the feeling for the correct biodynamic process. For example, start with a half-swing of a short iron, with the stick clamped in the middle of the bracket and opening

your hip. When swinging through, make sure that you rotate around your centre (axis of rotation).

Even with faulty downturns, **svving** gives you immediate feedback; if you do it wrong, there is a risk that the stick will be pried out of the holder by your club.

*When training with your **svving** you develop more and more of a feeling for the correct, synchronised swing process and the successful initiation of the individual body parts and muscle groups (coupling).*

*After you have internalised the first confident swing sensation, you should expand the half swing to a whole swing as a next step — using everything from the short iron to the driver.*



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## TRANSPORT AND STORAGE

### 1. Transport

Your **svving** is designed to accompany you to every golf activity easily and without extra effort. To avoid damage and hazards, please note the following when transporting it:

- Always carry your **svving** in such a way that it can't injure anyone.
- Avoid contact with hard or sharp objects.
- Never bend or press down on the stick.

### 2. Storage

For your **svving** to last as long as possible and to be able to always support you with your swing training in the future as well, please note the following storage requirements:

- Choose a clean, dry and frost-free place to store your **svving**.
- If your **svving** gets wet, rub it completely dry before storing it.
- Attention: Improper storage can cause plastic to corrode.