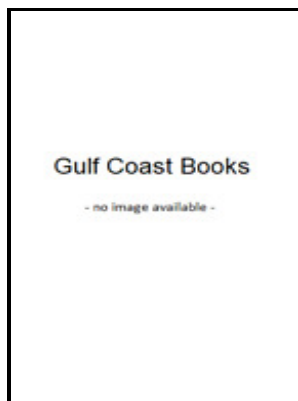


# Swing easy, hit hard

Cornerstone Library Publications - Swing Easy, Hit Hard



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-Swing easy, hit hard

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## Pro Secret #3

Best, Jaime Hi Jaime, This is an interesting topic. That said, don't swing too easy—75 percent should still translate to a hard, square shot. Have you ever ended up with your weight on your back foot? It is funny how people who are swinging really hard think that they can keep swinging this hard forever without hurting themselves.

## Swing Easy, Hit Hard

The Golfers that continue to practice these Drills see tremendous improvement off the tee with their Driver.

## Do I need a heavy racquet to hit hard?

. And although most people reading this will never approach a swing speed of 120 mph with their Driver — you can still improve your distance and consistency by having your swing speed increase from the 80 mph range to the 90 mph range or 90 to 100 or 100 to 110 — while swinging even more smoothly than you are right now. My friend Rob Neal, Ph.

## easy to hit

Shorten up the points and go all-in on your strengths. Old habits die hard and I constantly find myself reverting to hitting harder instead of swinging easier, particularly when playing with my buddies. Look, there are people who need to slow down their tempo to keep the ball in play.

## Do I need a heavy racquet to hit hard?

In the end, it all comes to swingweight, the one amazing spec most users don't know. . . . I also like that you promise your swing will stay with us pain-free into a very advanced age. A recent racquet with similar characteristics is the new that play-tester Chris from TW are switching to as his main racquet.

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