

# HOW TO GAIN MORE DISTANCE?

## Stage 1

Know your swing speed

## Stage 2

Choose the right clubs with professional fitting

## Stage 3

Search for online lessons or golf pro to teach you how to improve swing speed

## Stage 4

Trainee as much as possible. Home training is highly recommended and very economical

## Stage 5

Monitor and control the improvement of your swing speed

## Stage 6

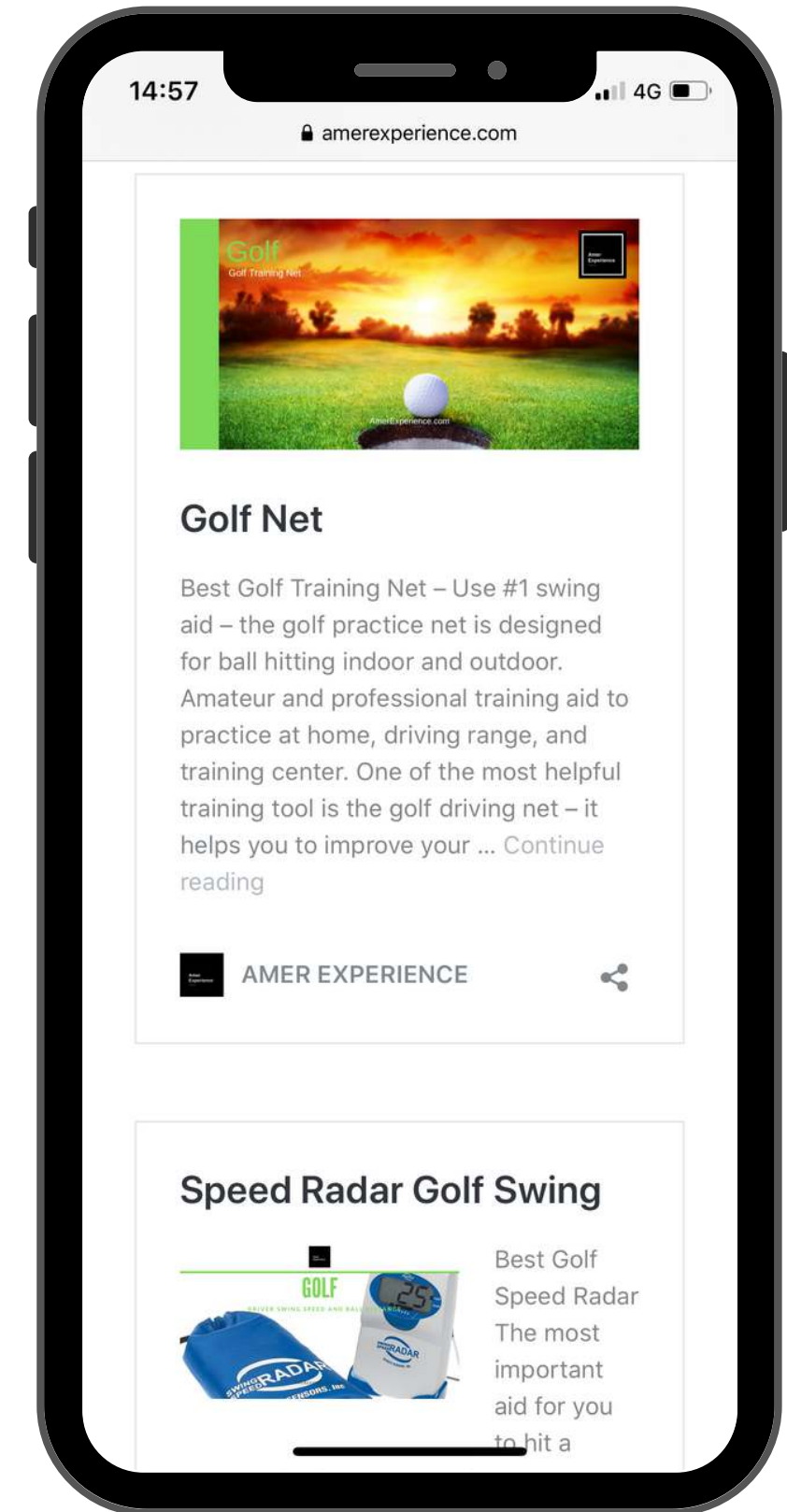
Use training aids: Golf speed radar, Golf Hitting Net, Swing Trainer, Swing Weight and more

Take With **POCKET SIZE** For Your Golf Round

## Swing Speed Distance Chart Mph/Yards

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	60	70	80	90	100	110	120	130	140
Driver Total	155	180	206	232	258	284	310	335	361
Driver Carry	144	168	192	216	240	264	288	312	336
3-Wood	130	152	174	195	217	239	260	282	304
5-Wood	123	144	164	185	205	226	246	267	288
Hybrid	121	141	161	181	201	221	241	264	281
3-Iron	114	133	151	170	189	208	227	246	265
4-Iron	109	127	145	163	181	199	218	236	254
5-Iron	104	121	139	156	173	191	208	225	243
6-Iron	98	114	131	147	163	180	196	212	229
7-Iron	92	108	123	138	154	169	184	200	215
8-Iron	86	100	114	129	143	157	171	186	200
9-Iron	79	93	106	119	132	145	159	172	185
PW	73	85	97	109	121	134	146	158	170
<b>Play Your Best Ever</b>							<b>SAVE THIS CHART</b>		



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