

The Swing Machine Sales Brochure



The most ideal machine for
strengthening muscles utilized
for a more powerful golf swing



Made in USA

Manufactured by



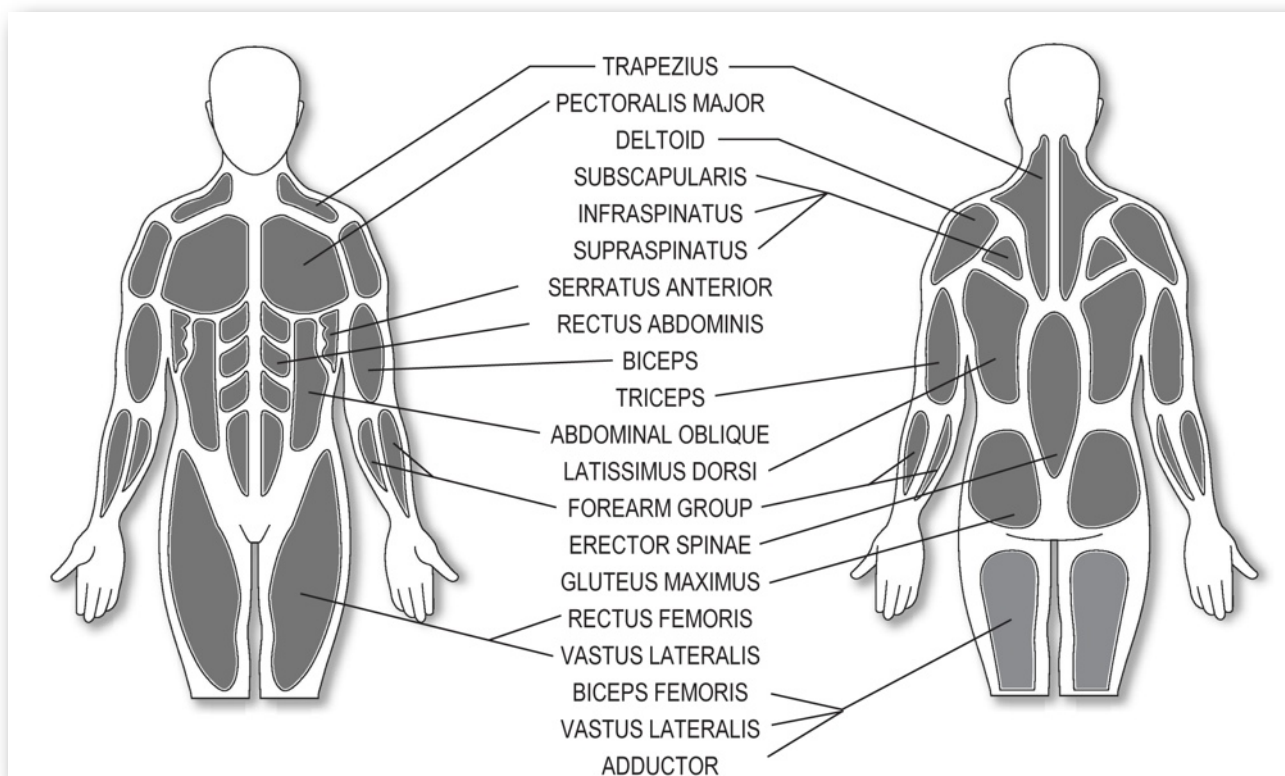
Distributed by

AIBI
Believe in the BEST

Served by:

Slamet 0858 809 456 88

Muscles activated during the Golf Swing



These are the muscles known to contribute to a powerful swing. This is the “swing package” that Drives Your Driver. The Power Max Fitness Swing Machine challenges these swing specific muscles and coordinate the muscular interaction required for a perfect swing.

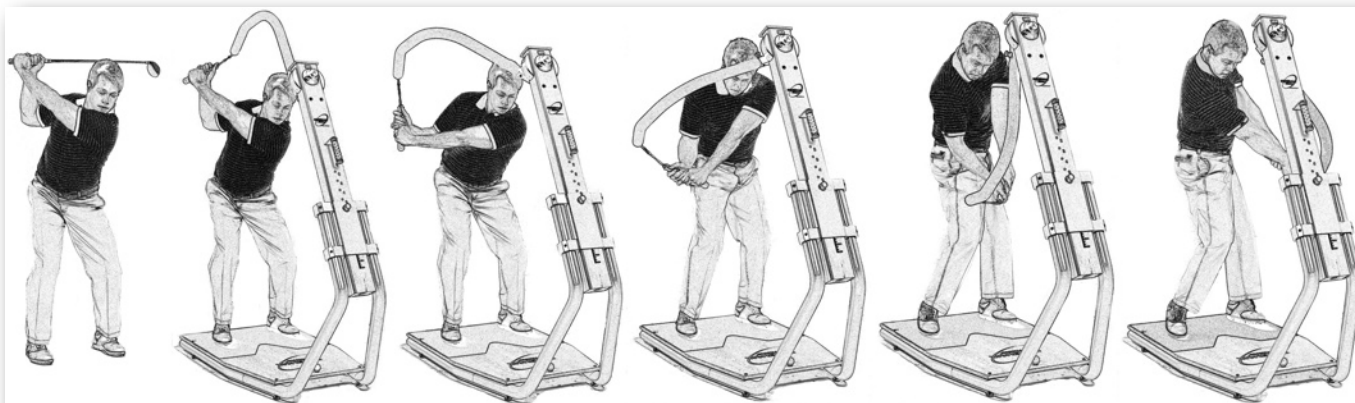
By stretching and challenging these swing specific muscles while encouraging on-plane swing motion and perfect hand position, you will add yards to your drive immediately.

Let's find out how it works.



Davis Love III, winner of 18 PGA Tour events, calls the Swing Machine a fantastic piece of equipment.

The Science behind the Swing Machine



The above sequence demonstrates the range of motion utilized in strength training for a more powerful golf swing. As the exact range of motion and under variable resistance, the entire swing package is challenged and kept fluid.

The Swing Machine's patent pending design allows you to develop tremendous swing power and tone your body to resist fatigue and injury. Since the Swing Machine functions equally in either direction to strengthen both sides of the body uniformly, we recommend alternating your workouts to maintain symmetrical balance and flexibility in your muscular development.

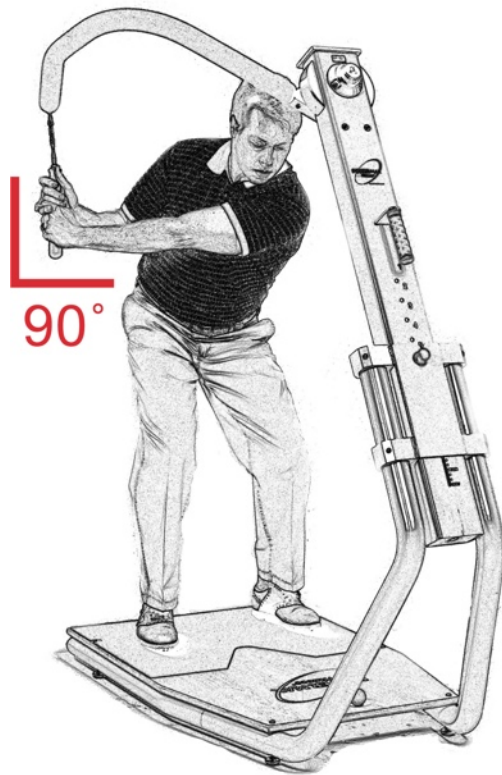
Build proper hand position and encourage a delayed release for explosive drives and higher, longer irons!

Please follow these tips for Safer and More Effective Operation

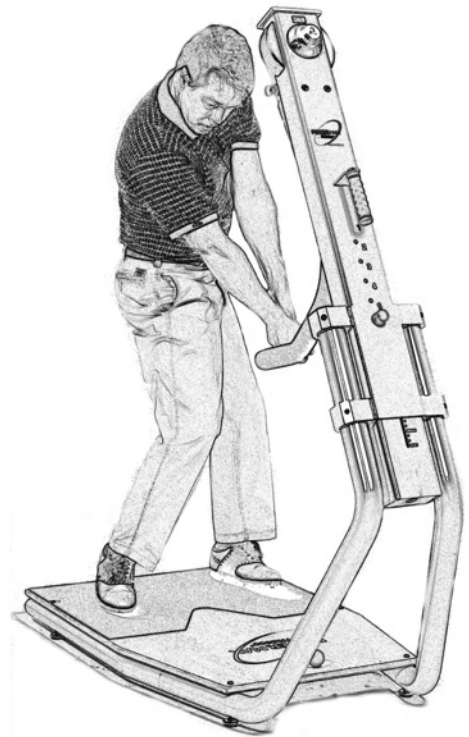
- ◆ Before operation, make sure all pins are fully inserted and the Swing Machine is set correctly for users height.
- ◆ Be sure that the Swing Machine has adequate clearance to operate and that bystanders are well clear.
- ◆ When using the floor base, stand with both feet firmly on mat as shown during operation and remain centered with swing column to maximize benefit and avoid improper torque angles.
- ◆ Operate resistance arm at one-quarter swing speed or slower and be sure to keep lead arm straight at elbow.
- ◆ Operate in a slow, fluid motion while maintaining a balanced stance. Resist the temptation to "snatch" the resistance arm.
- ◆ Hold the grip firmly during operation and never release grip until it returns to the neutral position.
- ◆ Always keep "Swing Machine" dry and out of areas of heavy moisture.
- ◆ Operate Swing Machine by using a good shoulder turn. Avoid manipulating the resistance with arms only. The key to a powerful swing is good body rotation and a coordinated muscle firing sequence.

Remember the positions of the using the Swing Machine

Hand Position



Impact Position



Benefits of the Swing Machine

Distance technology in clubs and balls has peaked. If you want more power, greater distance and better control, let the Swing Machine develop the core strength and swing flexibility you need to hammer your longest, straightest golf shots.

Used and Recommended by Professionals

- The ultimate dual-direction golf-specific stretching device for a more flexible, relaxed backswing
- Adjustable resistance to strengthen all the swing related muscles for increased power
- Mechanically guided path to encourage and reinforce the correct swing plane and groove the muscle memory for straighter, more consistent ball flight
- Dynamic Rotational Resistance trains the muscle firing sequence for better swing tempo
- Biomechanically engineered grip path develops proper hand position throughout the swing motion
- Stand-up operation allows twisting crunches for a slimmer, more athletic build
- Perfect for teens through seniors, men and women



More Distance lets you play more golf

- ✓ Gain 20, 40, 60 yards from the Tee.
- ✓ Establish muscle memory to repeat the perfect swing
- ✓ Reinforce proper swing plane
- ✓ Increase flexibility for wider, more complete turn
- ✓ Reclaim lost swing strength
- ✓ Develop speed generating delayed release
- ✓ Stretch, strengthen and rehabilitate
- ✓ Practice correct hand and arm position
- ✓ Add more distance with every club in your bag
- ✓ Build rotational power coil
- ✓ Eliminate over the top move
- ✓ Get in shape and build stamina



Testimonials from the Professionals

“The X-factor Swing Machine from Power Max Fitness really is a fantastic piece of equipment. I use it. I like it. And I really think it’s helped my game. After 3 years with the Power Max Fitness equipment at Sea Island, I can definitely recommend it.”

Davis Love III

Davis Love III began his Professional golfing career in 1985 and has since spent several years in the Top 10 of the Official World Golf Rankings. Winner of 18 PGA Tour events including the 1997 PGA Championship and 2 International events, Davis has earned over \$30 million in prize money over his 20-year professional career and continues to be one of the most productive and talented Tour players in the world.



“I’ve been involved as a player and instructor in competitive golf for 50 years and during that time I’ve never seen a piece of equipment that offers the advantages that the X-factor Swing Machine does.”

Jack Lumpkin

Jack Lumpkin is Senior Director of Instruction at the Sea Island Golf Learning Center. Jack has over 50 years of golf teaching experience and was selected the PGA Teacher of the Year in 1995 and is identified by Golf Magazine as one of the Top 100 Teachers in the U.S. He was the 12th ranked teaching pro in the U.S. and 1st in the state of Georgia in Golf Digest’s National Rankings for 2005. Jack has been the personal swing instructor to PGA Tour Professional Davis Love III throughout his Tour career.

“As Director of Instruction at the Sea Island Golf Club, I love using the Power Max Fitness machine because it reinforces the fundamentals that we teach and it will help improve your golf game.”

Todd Anderson

Todd Anderson is Director of Instruction at the Sea Island Golf Learning Center. He is currently a Contributing Teacher for Golf Magazine and was featured on the cover of the December 2004 issue. Todd is ranked one of “America’s 50 Greatest Teachers” by Golf Digest, is one of Golf Magazine’s “Top 100 Teachers” and was ranked as the 27th teaching pro in the U.S. according to Golf Digest’s National Ranking for 2005. Todd has had over 35 of his instructional articles published in these magazines.





“I use the Swing Machine X-factor Professional. It is an incredible workout station for stretching, training and strengthening the golf muscles for increased stamina and more distance.”

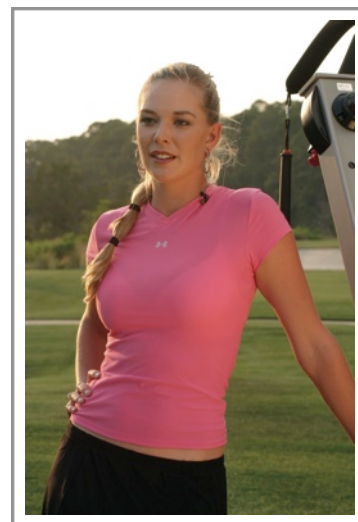
Randy Myers

Randy Myers is Director of Fitness at the Sea Island Golf Learning Center. He has been a pioneer for the last 20 years in biomechanics, exercise physiology and core strengthening. Randy has been a Professional Advisor for Golf Digest since 2000 and is a Founding Member of the Titleist Performance Institute. He has had over 50 articles published in various journals and magazines addressing golf specific fitness, stretching and flexibility, strengthening for the golf swing and rehabilitation. Randy is currently working with several PGA tour professionals including Davis Love III and many top men & women amateurs.

“It helps keep me flexible so I can make a big turn and it strengthens my core muscles so I can really increase my clubhead speed.”

May Wood

May Wood is an up and coming star who is beginning her LPGA Tour career. She began her professional golf career on the Futures Tour in July 2004 after establishing herself as a serious competitor at the collegiate level as a member of the Vanderbilt College Team and being named as the 2004 SEC Player of the Year. May, at 6'2" tall was one of the longest drivers on the Futures Tour with tee shots ranging to 300 yards and hopes to continue that impressive distance with the LPGA.



One-Hand Operation

Upper swing arm positions

Tension is pre-set at lowest resistance from factory. We recommend that you begin your training on this setting.

For more advanced workouts, you may operate the Swing Machine with one hand, executing strokes in both directions with each arm.



Take-away

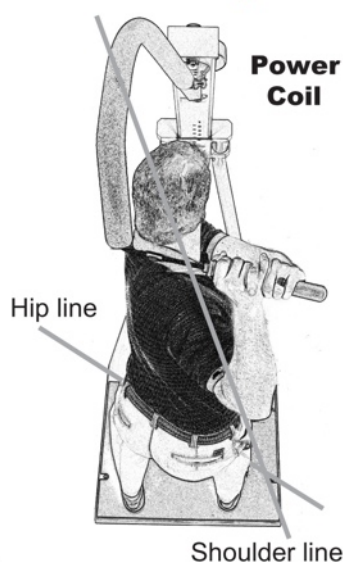
Lower swing arm positions

start



How to use the Swing Machine

Proper Body Position at Top of Backswing



This illustration demonstrates the shoulder/hip differential, or Power Coil or X-factor. By keeping the hips relatively square to the Swing Machine and rotating the shoulders 90 degrees as shown, you develop your power coil which is so important for achieving added distance and swing velocity. Allow the resistance arm to gently stretch the muscles of the upper arm, shoulders and trunk until you are comfortable with your rotation.

Changing Position

The arm holder can be set in four different positions to provide numerous exercise options to help stretch, strengthen and rehabilitate for the golf swing.



Resistance Tension Adjustment

To adjust resistance tension, insert adjustment tool into hole in bottom of column as shown in Fig. A. (Be sure tool is fully seated into hole) Grasp tool handle as shown in Fig. B and turn while watching resistance indicator in Fig. C as shown. When desired resistance is set, remove tool, replace Swing Machine column into base and resume operation. (Note: Built in stops prevent over adjustment).

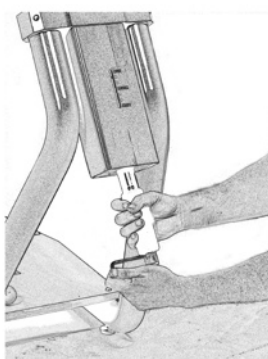


Fig. A

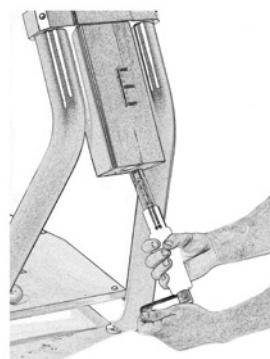


Fig. B

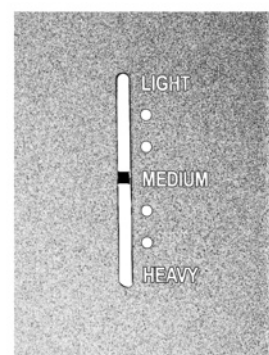
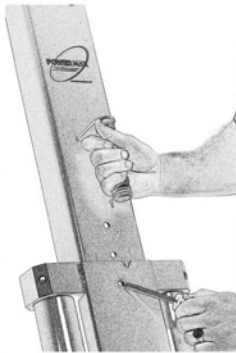


Fig. C

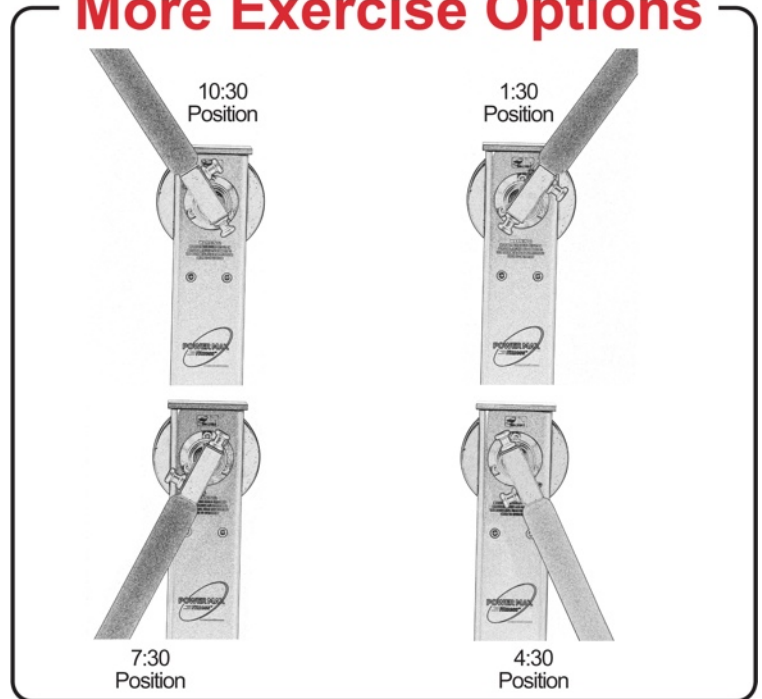
How to use the Swing Machine

Height Adjustment



- 1- 4'6" - 4'10"
- 2- 4'10" - 5'3"
- 3- 5'3" - 5'5"
- 4- 5'5" - 5'9"
- 5- 5'10" - 6'1"
- 6- 6'1" - 6'2"
- 7- 6'2" - 6'4"
- 8- 6'4" - 6'7"

4 Starting Positions for More Exercise Options



PT. AIBI INDONESIA
Jl. Kemanggisan Raya No. 127
Jakarta Barat 11480
T. 62-21 5366 8555
F. 62-21 5369 0888
W. www.aibi.co.id
E. info@aibi.co.id