



SuperSpeed Golf™

Record Keeping

 LEVEL 3				
	POSITION	LIGHT	MEDIUM	HEAVY
1	Normal	4 Each Side	4 Each Side	4 Each Side
2	Kneeling	4 Each Side	4 Each Side	4 Each Side
3	Double-Step	4 Each Side	4 Each Side	4 Each Side
4	Normal	3 Dominant		

WEEK	SWING SPEED BEFORE	SWING SPEED AFTER	MAX GREEN	MAX BLUE	MAX RED
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					