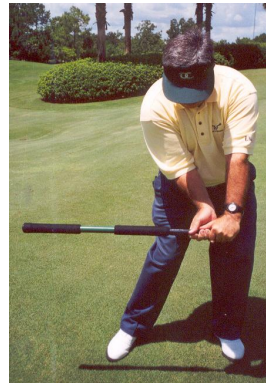


# My Assistant, the ImmelBar™

The ImmelBar™ is a 3.5 pound weighted swing trainer with a leather grip and black foam pads for physical conditioning drills. Using the ImmelBar™ correctly builds power, resistance, release and extension. The user will sense a feeling of the club falling from the end of their backswing into the beginning of their downswing. In the correct golf swing, the forearm rotation should not be a conscious event. This rollout of the arms will feel natural with the ImmelBar™. **The weight of the club during the downswing encourages a powerful arm swing and body turn through the ball, eliminating the “hit impulse”.**



**Instructions for Use:** When practicing, swing the ImmelBar™ in an open area away from others. At address, the black tip end of the bar does not touch the ground. It should be 6 to 8 inches off the ground. Begin by making slow and easy partial practice swings. Ten, ¾ speed, continuous full swinging motions, three or four times a day, will noticeably begin the development of golf specific muscles. To develop more golf specific muscles for “specific swing positions”, use the ImmelBar™ as indicated in the following pictures:



**#1.** Assume address position. Point butt-end to target by cocking your wrists. Club shaft will be almost 90° to target arm. Weight distribution 50/50.

**#2.** Rotate upper body until butt-end points to the target line with target arm parallel to ground. 60% (+ or -) of weight in trail leg.

**#3.** Swing arms down until butt-end once again points to target. Weight now 80% on target leg. Hips are slightly open.

**#4.** Full finish. Chest rotated past target. Shaft diagonally positioned across back of neck.

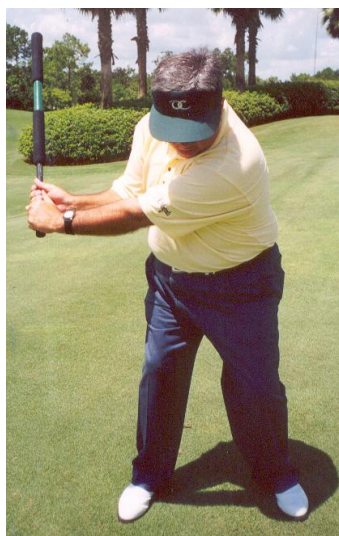


Using the Face On View pictures, starting from the #1 Position, go to #2 and hold for a count of ten. Now go from #2 to #3 and hold again for a count of ten and then rotate into your finish #4. Hold your finish for a count of ten. Do this several times and then take a full swinging motion (at a slower than normal speed) to **feel yourself connecting these four positions**.

Pick up the pace a little and still try to feel these four positions. You are now beginning to blend and connect the single positions into a “**flowing sequence of positions**”, developing a more technically correct golf swing.

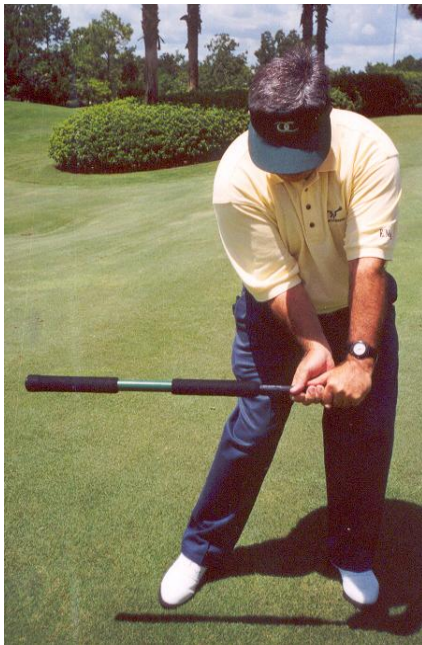
Why do you need an ImmelBar™? When golfers first begin swinging the golf club at higher speeds and in bigger arcs without first attaining a certain level of fundamental correctness, they develop a "condition" - or manner of executing the golf swing. In a very short time, this "condition" becomes the mental and physical means (perception and execution) of how they think and feel they should strike the ball. Students present these various "conditions" to their instructors during lessons. The qualified instructor will tell them that these "conditions" cannot be overcome simply by hitting balls. The students must be "reconditioned" through drills and exercises accompanied with problem related training aids. **Used properly, the ImmelBar™ will address every needed action required to make a correct golf swing.**

**Tour players have done this drill for years.** Do what they do. Continually go from #2 to #3, up to #2 and then down to #3. **2-3, 2-3, 2-3, 2-3, 2-3.** Sequence the downswing motion with the weight shift. Arms up, weight to trail leg, arms down, weight to target leg.... Arms up, weight to trail leg, arms down, weight to target leg... Doing the 2-3 2-3 2-3 drill is also called the **Pump, Pump, Pump Drill**. The action of your arms going up and down while your weight is going from one foot to the other gives you a pumping sensation. After rehearsing this drill for a while, you can take your 7, 8, 9 or wedge, add the #4 position to the last pump down and hit the ball. This is then called the **Pump, Pump, Turn Drill**. This drill creates great timing and feel for the “no hit” motion and **release** through the contact area.

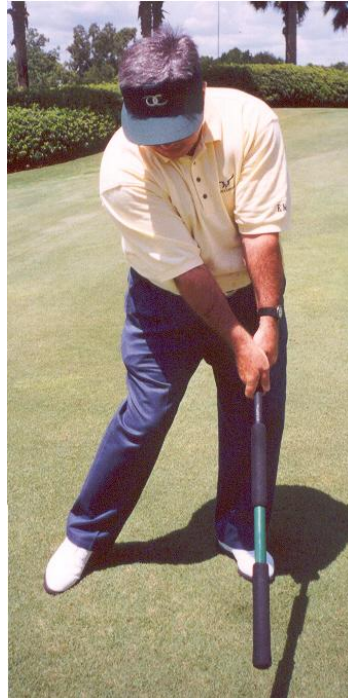




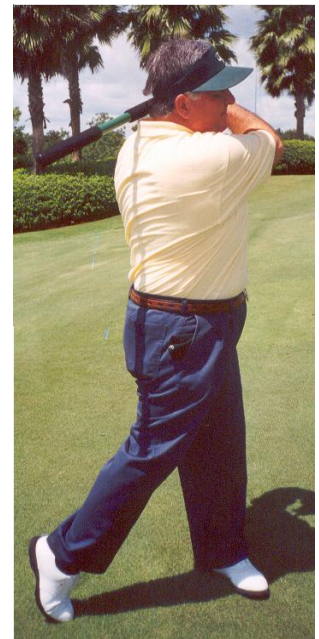
## Learning the First Release and the Timing of that Release



#3



Between #3 and #4 the  
ImmelBar™ is released  
through the impact area.



#4

There are three releases in the golf swing. Releasing the club head through contact, releasing the forearms to the target and releasing the trailside of the body into the finish position. Releasing the club head through the ball area (contact) is a function of centrifugal force and requires stabilization of the club head before, during and after impact. When good players have developed the feel of a natural release, they will tell you they feel very passive and neutral with their hands through impact. This is a developed skill. You must first drill this release action into your swing and learn to time the conversion from the #3 position to the #4 position. Go from #3 to #4 with release “happening”. Let the ImmelBar™ take your hands and arms to the target! In a full swing drill, be careful not to release before you complete #3. **The timing of your conversion from #3 to #4 is the key.** When you get to #3 and hold it too long, you will push the shot. If you go to #4 too soon, you will pull the shot. **Drill, drill, drill the timing of this release action.**

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Two of the most damaging swing errors made, by even the lower handicapped golfers, are:

1. “Over the top” of the correct downswing plane when transitioning from the back swing to the forward swing, and
2. Releasing the club head too early in the downswing and never getting the shaft into the correct “delivery position”.

**The first error drastically affects your direction. Both errors cost you distance.**  
**Use of the ImmelBar™ conditions you to stay on plane and promotes a later release.**

# Using the ImmelBar™ as a Physical Conditioning Tool

## Exercises for Stomach:

1. Lie on the floor with your legs straight out. Hold ImmelBar™ (left hand on grip and right hand on top pad) behind neck. Raise upper body and push forward, pressing lower back into the floor. Do ten reps.
2. Same as 1. with knees bent and feet flat on the floor.
3. Same as 1. with feet raised, toes pointed toward the ceiling.

## Exercises for Rotary Cuff:

1. Hold ImmelBar™ between foam pads with arm hanging at side, ImmeBar™ tip pointed forward. Raise arm with a forward, upward motion until black cap is pointing to the sky. Hold for account of 20. Now swing your arm as far backward as possible (with black tip pointed toward the ground) and hold for 20 count. Extend arm once again forward and upward, hold for 20 count and return to side. Repeat with other arm.
2. Raise arm to your side outward so arm is horizontal to the ground with the black tip pointed forward and your palm down. Hold for 20 count. Now rotate arm so palm is facing forward. Hold for 20 count, then re-rotate palm to face down, hold for 20 count and then backward (palm facing behind you) and hold for another 20 count. Now rotate arm so palm is down once more and hold for last 20 count. Repeat with other arm.

## Exercises for hands and forearms:

1. Hold ImmelBar™ with your normal golf grip in front of you with the black tip pointed up. Rotate your hands and arms to the right with your left palm facing down and your right palm facing up. (The black tip will now be pointed to your right.) Now smoothly reverse the order and have the right palm facing down and the left palm facing up. Repeat this motion ten times.
2. Stand with one arm in front of you, holding the ImmelBar™ at the center horizontal to the ground, palm down. Lower arm until ImmelBar™ rests across your thighs. Raise arm forward and upward until arm is horizontal, palm downward. Swing hand and arm to the side, hold. Rotate forearm until ImmelBar™ is vertical, hold. Rotate back to horizontal, hold, then bring to front and down. Repeat with other arm. To increase difficulty, hold ImmelBar™ at end pad or grip and repeat above exercise.

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Bill Madonna is a PGA Master Teaching Professional, (less than 1% of the 27,000 PGA members ever achieve a Master designation and a Top 100 Teacher in America. Bill is PGA Section "Teacher of the Year" Award Winner and Founder of the Spirit of Golf Foundation (a non-profit organization) supporting High School Golf Coaches.



To order your ImmelBar™ go to [www.billmadonna.com/shop](http://www.billmadonna.com/shop)  
(with full instructional video and guide for physical conditioning as well)  
Call 888.305.9236