

# Training Instructions

## This is how to use the Putt-Trainer

First of all position yourself approx. 2,5 m from the flag/hole and check that the putting green is flat

- a) Mark the hole (particularly important for the first training session) with a large, easily-visible object (e.g. your Putt-Trainer bag) until you no longer have any problem locating the target.
- b) Adjust the Putt-Trainer so that you can see the flag/hole in the Putt-Trainer in your normal striking position.
- c) After you have the flag/hole in sight, tighten the fixing screw and training can begin.

### 1. Assume your usual stance and position.

If you look at the Putt-Trainer now the line of putt must be covered by the cross-hairs.

- a) If the lines do not correspond, then your eyes are not positioned correctly above the ball.
- b) Bend further forward or back until the lines meet - it is obviously then that you have the correct position between eye and ball.

**Training effect 1:**  
**The eyes are exactly above the ball.**

2. If you cannot see the flag/hole, then your club head alignment is not correct. Turn your putter to the left or right until you have the target in the crosshairs.

**Training effect 2: Perfect 90° club head alignment.**

- a) Now you should be able to hit a fly at a distance of 2,5 m and consequently the 10,8 cm large cup.
- b) After aiming the club head, just concentrate on the correct putting swing - do not look through the Putt-Trainer again during putting.

### 3. No success, although you have carried out step 1 and 2nd perfectly ?

#### **Caution !**

The aiming device does not mark mistakes. It works as simply as the front sight and sighting notch of a rifle.

- a) It is definitely a question of incorrect putting strokes.
- b) Practise the correct putter stroke with the aid of the Putt-Trainer until you can hole the ball most of the time.

### **Training effect 3: Correct putting strokes.**

4. After you can hole everything from a distance of 2,5 m, you can perfect your putting strokes by putting from a tree.

### **Training effect 4: Precise putting strokes.**

5. If you get on well with steps 2 to 4 after a few days, continue to increase the distance to your target over the following weeks and continue as described in section 1 to 4.

### **Training effect 5: long exact putts.**

6. When practising on a break it is the break and not the hole that should be marked as the target. Otherwise the Putt-Trainer should be used as in steps 1 to 5, but this time with the break as the target. The ball then rolls in a curve from the break down into the hole.

**The Putt-Trainer is an excellent training device, which already gives your feedback prior to your stroke. You have already taken the first step towards the perfect putt. We wish you a lot of enjoyment and success with the Putt-Trainer.**