

Golfers Use Teeter, Increase Drive Distance by 10%

A recent study conducted by GolfTest USA shows exactly how important a golfer's back and core health are to their performance. Using the FlightScope Prime Launch Monitor, GolfTest USA measured golfer performance before and after using a Teeter Hang Ups® Inversion Table for 30 days. What ended up being the most comprehensive test in their 12 year history, GolfTest USA concluded that, "...one single product usually does not help a golfer improve their game to the degree that the Teeter Hang Ups did."

» **Swing Performance:** Golfer's who used Teeter Hang Ups for only 30 days recorded increased performance in key categories:

- **Distance:** 100% of participants improved their total distance an average of 10%
- **Strokes:** 100% of participants averaged 3 fewer strokes per round
- **Smash Factor** (ratio between ball and club speed): 85% of participants improved their smash factor by a 1.1% average
- **Ball Speed:** 85% of participants clocked an increase in ball speed
- **Accuracy:** 77% of participants averaged 16% better accuracy
- **Driver Swing Speed:** 69% of participants increased driver speed
- **Club Swing Speed:** 77% of participants increased club speed

» **Benefits:** Golfers who participated in the study attributed their improvements to being more flexible and limber as a result of using the Teeter Hang Ups Inversion Table, impacting follow through and swing fluidity. All reported after 30 days:

- They would play more golf and enjoy playing more often if they had less back pain
- Back pain diminished by an average of 19%
- Shoulder pain decreased by an average of 37%
- Hip pain dropped by an average of 38%
- Flexibility increased by an average of 25%
- Golfers were less sore after playing a round of golf than before they had used their Teeter Hang Ups Inversion Table
- 92% of golfers tested said they would refer their golfer friends to Teeter Hang Ups for help with their golf game
- 75% of golfers were confident that inversion therapy on a Teeter Hang Ups Inversion Table regularly would continue to help their golf swing

Note that participants may or may not have had pre-existing back or joint issues. They were selected only on the basis that they play golf regularly and were willing to participate in the product trial.

