



SpeedStix Test Results and Corrective Programme

Perform the tests then record a “Pass” or “Fail” in the table below. When you record a “Fail/No” go to the Corrective table and put a tick in the “To Do” column next to the corrective that has been identified in the test table.

For example, if you didn’t pass test number 10, put “fail” in the box under “Pass?”, then see what correctives are required and tick the “To Do” boxes “G” and “J” in the Correctives table.

TESTS							
	TEST	Pass? Y or N	Correctives to do...		TEST	Pass? Y or N	Correctives to do...
1	Posture/Spine		A, B, C, D, E, G, H, I	8	Glute Bridge		A, B, C, D, G, I
2	Pelvic Tilt		A, B, C, D, E, G	9	Over Head Arms		C, H, M, L
3	Shoulder Rotation Disassociation		A, B, C, G, L	10	Internal Hip Rotation		G, K
4	Pelvis Rotation Disassociation		A, B, C, J, K	11	External Hip Rotation		G, J
5	Toe Touch		E,	12	Thoracic Spine Rotation		A, B, C, D, H, L
6	Squat		A, B, C, E, F, G, I	13	Shoulder Joint External Rotation		A, B, C, D, H, L, M
7	Ankle Mobility		F				

Stop and seek medical advice if you experience pain during the tests or correctives.

CORRECTIVES							
	Corrective	To Do?	Reps		Corrective	To Do?	Reps
A	Fix Your Posture Pt1		3x10 second holds	H	Fix Your Overhead Arms		Part a, 3-5 reps. Part b, 5-10 reps.
B	Fix Your Posture Pt2		5-10 reps each leg forwards	I	Fix Your Squat Pattern		5-10 reps x2 rounds
C	Fix Your Posture Pt3		5-10 reps each leg forwards	J	Fix Your External Hip Rotation		Part a, 5-10 reps. Part b, 5-10 reps.
D	Fix Your Posture Pt4		60-120 Seconds of set up practice	K	Fix Your Internal Hip Rotation		Part a, 5-10 reps. Part b, 5-10 reps.
E	Fix Your Toe Touch		5-10 reps in each position x2 rounds	L	Fix Your Upper Back Rotation		5-10 reps each leg forwards x2 rounds
F	Fix Your Ankle Mobility		5-10 reps x2 rounds	M	Fix Your Shoulder Joint External Rotation		5-10 reps x2 rounds
G	Fix Your Hip Stability		3-5 reps each leg X2 rounds				

SpeedStix Strength Training Programme

Perform the strength work as a slow circuit with enough rest to feel ready for the next set. Note, week 1 starts when indicated on the 15-week planner.

Stop and seek medical advice if you experience pain during the training.

Strength Circuit		Home Based				
Exercise	Week	Warm up	Circuits	Reps	Intensity (effort)	Tempo
1) Rear Leg Raised Squat	Weeks 1-2	2 easy sets of squats	1-2	5-10	80%	1 sec up, 1 sec down
	Week 3+	2 easy sets of squats	3	8-10	90-100%	1 sec up, 4 sec down
2) Upper Body Push	Weeks 1-2	2 easy sets from knees	1-2	5-10	80%	1 sec up, 1 sec down
	Week 3+	2 easy sets from knees	3	8-10	90-100%	1 sec up, 4 sec down
3) Upper Body Pull	Weeks 1-2	n/a	1-2	5-10	80%	1 rep to last 5 secs
	Week 3+	n/a	3	8-10	90-100%	1 rep to last 10 secs

SpeedStix Power Training Programme

Perform the Power work as a slow circuit with enough rest to feel ready for the next set. Note, week 1 starts when indicated on the 15-week planner.

Stop and seek medical advice if you experience pain during the training.

Power Circuit		Home based				
Exercise	Week	Warm up	Circuits	Reps (each side)	Intensity (effort)	Tempo
1) Vertical Thrust	Weeks 1-2	1 easy set of squats	2	5	80%	Control down, explode up
	Week 3+	1 easy set of squats	5	3-5	100%	Control down, explode up
2) Push Power	Weeks 1-2	1 easy set from knees	2	5	80%	Control down, explode up
	Week 3+	1 easy set from knees	5	3-5	100%	Control down, explode up
3) Vertical Slam	Weeks 1-2	1 easy set of 5 reps	2	5	80%	Slow up, explode down
	Week 3+	1 easy set of 5 reps	5	3-5	100%	Slow up, explode down
4) Side Slam	Weeks 1-2	1 easy set each side	2	5	80%	Slow up, explode down
	Weeks 3+	1 easy set each side	5	3-5	100%	Slow up, explode down
5) Horizontal Throw	Weeks 1-2	1 easy set each side	2	5	80%	controlled coil, explode rotationally
	Week 3+	1 easy set each side	5	3-5	100%	controlled coil, explode rotationally

SpeedStix Swing Training Programme

Perform the SpeedStix training as shown in the instructional video, taking care to acknowledge the safety precautions illustrated on the inside of the box. Warm up first using the warm up guide video.

SpeedStix Training Session			Stop and seek medical advice if you experience pain during the training.			
Weight/Drill	Set	Grip	Warm up	Working reps	Feel	Intensity (effort)
1) Heavy (III stripe) <i>REGULAR SWINGS</i>	1	Regular	2-3 easy swings	5	Swing technique and warm up	80%
	2	Opposite side	2-3 easy swings	5	Swing technique and warm up	80%
<i>Change weight (2-3 min rest)</i>						
2) Medium (II stripe) <i>REGULAR SWINGS</i>	3	Regular	2-3 easy swings	5	Get to current driver max speed	90-100%
	4	Opposite side	2-3 easy swings	5	Get to current driver max speed	90-100%
<i>Change weight (2-3 min rest)</i>						
3) Light (I stripe) <i>HORIZONTAL PLANE STEP DRILL</i>	5	Regular	2-3 easy swings	5	New Speed (+5-10%) AND Efficient Sequence	100%
	6	Opposite side	2-3 easy swings	5	New speed (+5-10%) AND Efficient Sequence	100%
<i>Rest (2-3 mins)</i>						
4) Light (I stripe) <i>REGULAR PLANE STEP DRILL</i>	7	Regular	2-3 easy swings	5	New Speed (+5-10%) AND Efficient Sequence	100%
	8	Opposite side	2-3 easy swings	5	New speed (+5-10%) AND Efficient Sequence	100%
<i>Rest (2-3 mins)</i>						
5) Light (I stripe) <i>REGULAR PLANE SWINGS</i>	9	Regular	2-3 easy swings	5	New speed (+5-10%) WITH Conventional Technique	100%
	10	Opposite side	2-3 easy swings	5	New speed (+5-10%)	100%
	11	Regular	2-3 easy swings	5	New speed (+5-10%) WITH Conventional Technique	100%

SpeedStix Programme - 15-week progression planner

Week	Tests	Corrective exercises	Strength Circuit	Power circuit	SpeedStix Training	Notes
1	Perform all 13 tests and record in test results and corrective tables.					
2		Perform daily				
3		Perform daily				
4		Perform daily				
5	Perform all failed tests again. Only now perform ones you still fail.	Perform daily				You will gradually drop correctives from the programme.
6		Perform daily	Start strength week 1 as planned in strength table. 1X/week			- See strength table for details. - Perform correctives before strength.
7		Perform daily	Strength, week 2. 2X/week			
8		Perform daily	Strength, week 3 3X/week			
9	Perform all failed tests again. Only now perform ones you still fail.	Perform daily	Strength, week 4 3X/week	Start Power week 1 as planned in Power table. 1X/week		- See Power table for details. - Perform Power circuit after strength.
10		Perform daily	Strength, week 5 3X/week	Power, week 2 2X/week		
11		Perform daily	Strength, week 6 3X/week	Power, week 3 3X/week		- Strength circuits now x3 rounds. - Power circuits now x5 rounds.
12		Perform daily	Strength, week 7 3X/week	Power, week 4 3X/week		
13	Perform all failed tests again. Only now perform ones you still fail.	Perform daily	Strength, week 8 3X/week	Power, week 5 3X/week	Start SpeedStix Training, week1 as planned in SpeedStix table. 1X/week	- See SpeedStix table for details - Can all be performed on the same day.
14		Perform daily	Strength, week 9 3X/week	Power, week 6 3X/week	SpeedStix Week 2 2X/week	
15		Perform daily	Strength, week10 3X/week	Power, week 7 3X/week	SpeedStix Week 3 3X/week	- This is now the programme at full capacity = Strength, Power and Speed all at 3X/week. - Retests every 4 weeks.
Week 16 onwards MAINTENANCE		Perform daily and continue to retest and remove correctives accordingly	2-3x/week Warm up then 2 circuits	2-3x/week Warm up then 2 circuits	2-3x/week	Maintenance Mode = Fewer strength and power sets. SpeedStix prog stays the same.

HIP ROTATION TEST TEMPLATE

