SPECIAL REPORT

THE 15 MINUTE SLICE CURE

USE THIS SIMPLE 15 MINUTE ROUTINE TO RIDE YOURSELF OF EVEN THE NASTIEST SLICE

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How To Cure a Nasty Slice in Just Fifteen Minutes Or Less

BY TERRENCE THOMAS
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WHY SHOULD YOU LISTEN TO WHAT I HAVE TO SAY?

12 years. 450+ hours working with THOUSANDS of golfers. Pro golfers, pro athletes and fortune 500 CEO’s.

Jim Mclean...

Robert Baker...

John Webster...

Dennis Watson...

Need I say more?

Hi, I’m Terrence...

For the past 23 years I’ve coached, treated and trained thousands of amateur and professional athletes, people suffering from debilitating injuries and everyday people looking to improve their health fitness and vitality.

12 of these 23 years, I’ve specialized in golf specific fitness and performance coaching.

I’ve even been featured and quoted in industry publications like Golf Fitness Magazine, Vitalics Magazine, HardStyle Magazine and several other national industry publications and have even been called a golfer’s “secret weapon” because of how I’m able to help golfers add yards of distance to their drives.
When I started, the idea of working out specifically for golf was still in its infancy. So you can say I am a pioneer of sorts in that I was one of the first legitimate “golf performance” specialists.

As I sank my roots deeper into the sport by working on my golf game and refining my golf fitness system, I realized that there was a HUGE potential in getting golfers stronger.

This is how the Monster Golf Swing system was born.

These days I’ve found my true calling in life – coaching and training golfers to hit “Monster” tee shots and improving their golf swing.

Let’s face it, EVERYONE struggles to get better at golf.

The golf swing isn’t rocket science, but sometimes it can feel that way.

I dedicate myself to constantly staying up-to-date on new and innovative golf training strategies in order to pass this valuable information on to you, and help improve the quality of your life.

One of the most fascinating things you’ll discover, as I did, is that much of what works long term is almost the EXACT OPPOSITE of what you’ve been doing all these years with little or no success.

Since my early days in the industry, I’ve had the opportunity to help the average golf lover, to some of the most elite golf professionals in the world such as Jim Mclean, Robert Baker, John Webster, Dennis Watson just to name a few.

Just so you know, I’ve found that there is nothing that brings me more happiness than the feeling I get when real people with real lives email me
about the success they’ve had using my techniques in my Monster Golf Swing system.

But lets face it, I can share all of my monster golf swing tactics with you… but if you don’t actually “DO” anything with them… the odds are stacked HIGH against you.
SO LET’S GET STARTED...

You’re a golfer.

And like most golfers you’re going through something every golfer will inevitably go through (at least a few times) in his life:

You’ve got a bad slice.

The slice is like “writer’s block” for golfers.

It’s frustrating, tiring, and if it gets bad enough you feel like there is no way out.

Some days you have a “love/hate” relationship with golf... some days you’ll be hitting it square like a pro... others, your game would go completely to hell.

Heck, you might have even held your bag overhead... at the edge of the lake, ready to toss it in and call it a day.

Let me make something crystal clear for you right now:

IT’S NOT YOUR FAULT.

All of the greatest golfers in the world suffer with a slice problem from time to time, it’s not just for amateurs.

Listen: A slice simply means you have grip deficits, “power leakages”, rotation, tempo and balance challenges.

The good news is YOU CAN FIX THIS RIGHT NOW!
“The 15 Minute Slice Cure” is going to help you fix that slice using 4 easy steps and a very simple exercise routine that takes less than 15 minutes to complete.

At the core of “The 15 Minute Slice Cure” are the principles of **body biomechanics** (don’t worry, no big words) and the notion that your body needs to be “in-tune”, relaxed, and rehearsed to get away from a bad slice.

And the sooner you start, the sooner you lose that deadly slice.

Ready ...?
PART 1: GRIP

Grip important to someone who slices because proper grip helps keep the head of your golf club square to the ball.

If you have a slice, your grip is causing the ball to be NOT square at impact (i.e. When the club head strikes the ball).

It’s simple physics ...

If your club head is square at impact, the ball flight pattern will be much more predictable and controllable.

If your club head is not square at impact the ball will fly off your target line (i.e. Where you want it to go).

If you are gripping the golf club in a way that takes the club head out of alignment with the ball, your swing is dead before you even start.

Usually with a golfer who has a slice, the thumb of their top hand (i.e. The hand that is closest to the body) will be pointing straight up (i.e. 12 o’clock).

This hand position increases the likelihood of hitting a slice because as you hit the ball, the club face has a tendency to be open (i.e. Not square and pointing away from the target line).

Ideal thumb position is going to be between 2 and 4 o’ clock.

The grip and wrist exercises below will help develop proper “muscle memory” in your hands as well as develop strength in your wrists.
Wrist strength is important because as your grip fatigues, you lose your ability to control the golf club.

In other words, the quicker your hands get tired in a round, the quicker they “lose control”, which makes you more prone to hitting a slice.

The grip and wrist exercises below will help develop proper “muscle memory” so you hold the golf club perfectly on each shot, allowing you to consistently hit the ball square at impact.

**Wrist Extension With Club**

- Assume your normal grip on your golf club.
- Release your right hand keeping the elbow straight.
- Left the club off the floor using only your wrist.
- Do 5 to 8 reps with your left hand, re-grip the club your right hand, release the club with your left hand and perform extensions with your right hand.
Swing Simulation With “Peace” Grip

• Assume your normal grip on your golf club.
• Release the index finger, thumb and pinky finger off of the club.
• Perform your golf swing using this modified grip.
• Do 10-20 reps, rest 10 to 20 seconds and repeat for another set.
PART 2: TEMPO

Tempo is the speed and “sequencing” of your golf swing.

Depending on your body type, club selection and the type of shot needed at the time, your speed and sequencing can vary, but every golfer knows their own “tempo” that best maximizes their power and accuracy.

When you have the right tempo, you tend to have more “shot accuracy” and shot balance, while the wrong tempo or using “jerky” movements disrupts your balance, causing your shots to slice.

The right tempo allows you to squeeze every ounce of power into the golf ball…

When you have the right tempo, it feels as if you aren’t even swinging, while you absolutely crush the golf ball with pinpoint accuracy.

If you have a slice, you more than likely tend to rush your swing in one or both directions, you either rush or jerk the club back and then jerk it through the downswing.

This “jerking” creates tension, which reduces your accuracy and power, if you just sliced a shot and you are anxious to hit the next shot better, you can rush your swing and more than likely hit another bad shot or worse.

What’s the solution?

Something I call “total body sequencing”.

This creates muscle memory helping you keep perfect tempo for maximum accuracy.
Medicine Ball Swing Simulation with Towel

- Place a regular sized bath towel across your chest and secure it under your arms.
- Hold a 1 to 3 pound medicine ball between your hands in the golf swing address position.
- Perform your normal golf swing while holding the towel in place and medicine ball in hand.
- The goal of the drill is to train the body to work as a unit. David Leadbetter calls it “linkage and not leakage.”
PART 3: BALANCE

Balance is important to you if you have a slice, because if you don’t have proper golf swing balance, your golf swing and (golf shots) will be all over the place.

One shot may be on target, while the next one off.

Poor balance makes it difficult to hit the ball square at impact.

A solid and balanced stance allows you to hit the ball with more consistency.

Balance in the body is like the grip in your golf swing.

If your body isn’t centered and stable during the golf swing, your club comes out of alignment and causes a slice.

If you have a slice, you tend to shift too far back during the back swing and too far forward on the downswing, or you can get “stuck” on one side.

You can also be too far on top of the ball during your downswing.

It will look like you are falling on your face when you swing the club, or you can be too far back which will make you look like you are falling on your rear end when you swing the club.

I like to say you need enough balance to swing a golf club in 50mph winds and not fall over or lose your center of gravity.

By improving your “balance reflexes”, you can easily fix your balance issues specifically relating to your slice.
These are the “reflexes” in the body that prevent you from falling down when a surface is unsteady or when you want to move efficiently over a stable surface.

The faster your balancing reflexes “activate” the more balance and stability you’ll have on the golf course.

Swiss Ball Kneeling

**Note:** the set up for this drill is very important. Please follow instructions carefully.

- Place both hands at the apex (top) of the ball. Hand spacing is shoulder width.
- With your feet on the ground lean into the ball with your knees. Keep your feet on the ground as you do this. Do not try to climb the ball.
- Lean your entire body into the ball and shift your weight forward by pushing with your toes. Continue to push forward until your feet leave the ground and you are on top of the ball. Go slow to allow your body adjust to the unstable position.
- If you keep falling backwards, it means that you are not leaning forward enough with your head.
• If you feel like you cannot safely catch yourself, stop the exercise. If you should lose your balance, it needs to be a slow dismount rather than a quick wipe out.

Swiss Ball Kneeling Back Twist

Note: The set up for this drill is the same as the Swiss Ball Kneeling Exercise

• Once you are kneeling on top of the ball, bring your hands together.
• From this position, reach back with one arm turning from the truck.
• Keep your head looking forward as your alternate bringing one arm back and then the other.
Single Leg Torso Twist

- Stand with feet together and arm straight out in front with palms together
- Lift one foot off the floor by bending one knee.
- From this position, turn your shoulders in one direction as far as possible, return to the middle position and turn to the other side.
- An alternative technique is to turn to one side for a few repetitions and then do the same on the other side.
PART 4: ROTATION

Golf is Rotation!

Every joint from the base of your skull to your ankle must be able to twist.

As a corrective exercise specialist (and someone that spends most of their time teaching people how to use their bodies correctly), I can tell you that rotation or “twisting patterns” are BY FAR the most deficient movement pattern in most people …including most golfers.

If you are swinging the golf club and your “twist pattern” is blocked or undeveloped, then you are forced to somehow compensate for that during the golf swing.

In fact, many of the common swing faults such as reverse pivots, poor swing plane and yes slices happen because you can’t rotate effectively and freely.

There are 2 things you need to focus on with optimizing your rotation; The first is to “free up” any restricted areas in the body, and the second is to develop coordination in all body muscles involved in the twist.
Lying 4 part Roll

- Lie on your back with your right leg straight and left knee bent with foot on the floor.
- Place your right hand out to the side with palm facing up and your left hand across your belly.
- The roll pattern will be done in four stages with each roll being larger than the previous one until you roll completely to your side.
- Start by rolling until your left hip comes off the floor. Then roll until your lower back is off the floor.
- Then roll until your upper back is off the floor. The final roll will be completely to your side while bringing both hands together (palm to palm).
- Repeat the same sequence on the other side. Alternate sides during your set.
Kneeling RNT Twist

- Kneeling on all 4’s while sitting back towards your heels.
- Your arms are straight as to act like kick stands for your upper body and your push your hips backward.
- With your left hand, reach under your right arm pit as far as comfortable possible.
- Then pull the arm out and reach back above your head twisting back with your trunk. allow the twisting of your body to dictate how far your arm goes back. If it feels like you are reaching with the arm, then you are probably trying to turn too far.
- Inhale as you reach back and exhale as you bring your arm down and across your body.
Kneeling Swiss Ball Torso Twist (2 knees down)

- Kneel on the floor with both knees down.
- Hold the Swiss ball to the side of your body keeping your arms straight.
- Lift the ball above your head, turn your shoulders to the other side and then lower the ball down.
- Move the ball in a upside down “U” shape as your turn from side to side.
- Allow the turn of your body to move the ball. Avoid dominating the exercise with your arms.
Kneeling Split Stance Torso Twist

- Kneeling on the floor in a lunge stance with both knees on the floor.
- Place the ball on the side of one hip while keeping arms straight.
- Hold the Swiss ball to the side of your body keeping your arms straight.
- Lift the ball above your head, turn your shoulders to the other side and then lower the ball down.
- Move the ball in a upside down “U” shape as your turn from side to side.
- Allow the turn of your body to move the ball. Avoid dominating the exercise with your arms.
- Keep your head fixed forward. It helps to focus on an object as your twist your body and move the ball.
Ok... If you’re anything like me you’re probably saying to yourself,

“TERRENCE, THIS SOUNDS GREAT, BUT HOW DO I ACTUALLY DO THIS ROUTINE?”

Seeing exercises in a manual is great, but having an expert Personal Trainer show you step-by-step EXACTLY how to do each exercise is priceless!

One of the MOST important aspects of your success will be making sure that you do every exercise with correct form.

That’s why I made a training video that shows you how to do the entire “15 Minute Slice Cure” routine with perfect form.

Seeing exercise programs listed in a manual might sometimes leave you confused.

Not any more!

This will reduce your risk of injury by having one of the top Personal Trainers (and Physical Therapist) in the industry take you through perfect form on each exercise.

And I’m giving it to you for FREE.

It doesn’t cost anything ... not even your email address.
Seriously, it’s yours “on-the-house”!

I’m happy to do this ...and if you were in my position, I’m sure you would do the same for me.
Hey - Didya' like this special report?

I hope you found this report valuable and more importantly, I hope this helps fix your slice (it WILL *if* you apply it). If you do, I’d love to hear your results... good or bad.

Imagine how great it'll feel when you’re on the golf course with your buddies... enjoying a round of golf... without a nasty slice.

Wait. What’s that I hear?

Your golf buddies whispering ... “Damn. We’re never going to win anymore!”

That's right.

Fix your slice and your golf buddies won’t stand a chance!

How can I say such a ballsy thing?

Simple.

I know this works. I’ve used it on THOUSANDS of golfers including my “high profile” professional athlete clients.

Try it, you’ll be glad you did.
It all goes back to this:

**WHEN IT COMES TO YOUR GOLF SWING, KNOWING A LITTLE OR “JUST ENOUGH” COULD BE DANGEROUS**

What good is fixing your slice if you can’t tee off to save your life?

What good is having great distance if you have no short game?

You get my drift?

You gotta know what to do every step of the way or else you are in trouble.

If you enjoyed this secret, you’re going to LOVE my new golf swing performance system, Monster Golf Swing.

In it, I share the EXACT system I teach my clients in my sports performance clinic here in Ft. Lauderdale Florida, that **adds 40-70 (or more) yards of distance to your drives** within the next 30 days (or less).
If you want to stay on the absolute CUTTING EDGE of golf swing performance, and be the first to know about what's working RIGHT NOW, you must [watch this video].

[Click Here To See It Now.]

If you haven't seen this yet, you're not going to want to miss it.

OK... That's it for now.

[Watch the video.]

Terrence Thomas

P.S. If you want to embarrass your golf buddies and add yards of effortless distance to your drives, then [just click here now].