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Golf Swing Aids Aren't Effective If?

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Golf swing aids are rampant! Every golfer has dozens of them gathering dust in their garages or closets. How many wives have threatened a "clearing out" of these contraptions? If you are feeling me...keep reading. golf, golf swing, golf trainer, golf workouts, golf exercises, golf fitness, golf lessons, golf instruction, golf tips
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Have you purchased golf swing aids only to use them once or twice and not see improvement? Isn't this an everyday occurrence for golfers? I see and hear this all the time, and yet golfers will continue to spend hundreds of dollars by the 'latest/greatest' gimmick.

I don't know if they (golfers) think they will find the "one" training aid that will change their game forever; or they are just trying to take the easy way out?

Either way, the main reason most golf swing aids don't help is because you are not working on what's causing your swing faults. You! Your machine (body) dictates your outcome! There's no way around it!

What your body is capable of in that moment is the result you'll get.

How many times have you wished you could make a bigger backswing but can't? How often do you walk off the course with a sore back? How many times did you have a good front nine only to blow up on the back nine and shoot your normal score?

The above results were because of the "physical" issues within your body. Until you realize this and take a different approach to your golf improvement program, you'll be a frustrated golfer for a long time.

In my opinion, there are a couple of golf swing aids that are effective when you incorporate them with your new golf training program. One is the medicus. This is a fantastic golf swing aid that gives you instant feedback. Swing it too fast or out of plane and the shaft breaks at the hinge.

Another golf swing aid I like is the weighted golf club. I swing mine everyday and boy does it loosen me up and strengthen my golf swing muscles.

Other than the above golf swing aids, there are dozens and dozens of ones that are a total waste of money. Save your money and work on you! The sooner you do, the sooner you'll stop buying the latest, greatest golf swing aids.

You can also find this article published on [Golf Swing Aids Aren't Effective If?](#)