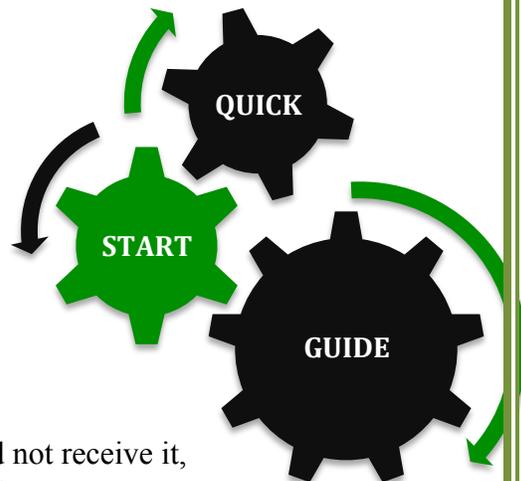


Age Defying Golf EZ

Welcome to the newest program in the Age Defying Golf Rx System. ADG EZ is exclusively designed to help you regain the swing of your youth with the smallest weekly time commitment possible.



First....

Open up the ADG EZ E-Book that was emailed to you. (If you did not receive it, email us at ryan@agedefyinggolf.com and we will get it right out to you.

Second....

**Briefly skim the book to get an idea of the program.

Third...

OK you are ready to get started. Start the DVD. Do your best to follow the program. If you are a beginner, only complete the “Basics” section...DO NOT try and do the “Advanced” section.

*SPECIAL NOTE: You WILL feel awkward the first few times through the program...stick with it. You can do it!

*Take a least 48 hours rest before doing the program again. If you are sore, and you might be the first few times, do only half the repetitions of each exercise and gradually work up to doing them all.

The key to this program is to UNDERwhelm yourself...don't be a hero or think you have to be killing yourself to be effective. Sticking with the program is much more valuable than how intense your workout is. Just take it easy.

Next.....

Re-open the E-book and read through each exercise section paying particular attention to the instructions on each exercise and the ‘Keys to Success.’

*Once you have corrected your mechanics, continue exercising with the DVD.

Advancing Your Progress

If you would like to advance your progress, you can complete both the Easy AND Advanced sections of the workout. If you are really gung ho, complete the program twice in a row

Great Job!!!

You stuck with it and you did it! You are awesome and you feel great too!

We would love to hear your success stories! Send your ADG experience and your picture (optional) so we can display it on our website. That would really help us out Send your story to

ryan@agedefyinggolf.com

Thanks so much!!!

Ryan and the Age Defying Golf Team

www.agedefyinggolf.com