

The background features a central green inverted triangle pointing downwards, flanked by two dark grey inverted triangles. At the top, a black horizontal bar contains the brand name and tagline. The brand name 'CHILIWACKER' is in white, with 'CHILI' on a yellow background and 'WACKER' on a black background. The tagline is split across the yellow and black sections.

**CHILIWACKER**

the ultimate practice tool for a consistent golf swing.

YOUR QUICK SET UP GUIDE  
WITH DETAILED INSTRUCTIONS  
FROM OUR PGA PRO.

**fix your slice. fix your hook. find your straight.**

For additional information & training videos please visit us at: [www.chiliwacker.com](http://www.chiliwacker.com)

# Congratulations on purchasing the best training product on the market for truly improving your golf swing – and your golf game!

This QuickGuide will help you get the Chiliwacker set up quickly and properly, and provides step by step pro instructions so you can start improving your game immediately.

## PRODUCT DESCRIPTION AND ASSEMBLY

The Chiliwacker consists of 4 main components:

- ① Tripod
- ② Crossmember
- ③ (2) Brackets
- ④ (2) Bumpers (yellow)

**1.** Slide the brackets onto each end of the cross-member. **The brackets are directional and will only slide onto the crossmember with the embossed arrow pointing to the center of the crossmember.**

**2.** Extend the legs of the tripod all the way out and tighten leg collar thumb tight. Do not overtighten – No Gorilla Grips.

**3.** Loosen set screw on tripod and place crossmember into tripod. Again, do not overtighten.

**4.** The Chiliwacker can be set-up for right handed golfers and left handed golfers:

LEFT handed golfer, the lower of the two bumpers is closer to the golfer and pointed to the right from his point of view.

RIGHT handed golfer the lower bumper is still closest to the golfer but the bumpers are now pointed to the left from the golfers point of view. Just switch the direction of the brackets (watch out for that bracket arrow).



*left handed golfer*

*right handed golfer*

*You have purchased the latest Gen-2 Chiliwacker - a professionally engineered product, with more robust manufacturing, simpler set-up and pro instructions included.*



*placement of CHILIWACKER and bumpers*



*path for tour-level consistency*

## PLACEMENT OF CHILIWACKER AND BUMPERS

- 1.** The black band on the bumper provides a visual depth marker for your set up. Make sure the club head is inline with the black band during your takeaway. **Check this every time you switch clubs - especially driver.**
- 2.** In the photo at left, note the position of the hands. At set-up, your hands should be inline with the middle of the crossmember.
- 3.** Place the yellow bumpers as shown, 3-4 inches from each end of the crossmember. The bumpers create an initial lower and upper external constraint (the red lines) you must swing between without hitting the bumpers. Your primary goal should be to continually narrow up this gap to the green lines with each of your clubs.
- 4.** Success at the green lines indicates tour-level consistency and swing path. Note the lower photo. This shows the dynamic path of the club head for a +3 pro golfer. This is your goal – the Chiliwacker can literally guide you there if you'll put in the work. **Go for it!**

*For more background information and instructional videos please visit our website: **chiliwacker.com***

CONNECT WITH US!





### ERIC "CHILI" CHILES

*Inventor of the CHILIWACKER  
2013 Minnesota PGA Section Teacher of the Year*

#### CHILI'S STEP BY STEP INSTRUCTIONS:

Every golfer wants to rush to set-up the Chiliwacker and start ripping driver. **DO NOT MAKE THAT MISTAKE!** Take the time to study the pictures and make sure your Chiliwacker is positioned correctly and then start with the right club – the 9 iron or PW.

**1.** Starting with a short iron allows you to get comfortable with the Chiliwacker and hit what will almost certainly be your most consistent club. If you are a beginner you will likely struggle with the upper bumper. 90% of all recreational golfers slice and this is the bumper you will hit – and that's **GOOD**. You must feel what it is like to swing under that upper bumper (and stay above the lower bumper). This is called "External Constraints Training" and it is very effective.

Swing with your 9 iron until you can consistently swing in between the bumpers, then move the bumpers in a few inches and swing again. You want to find the bumper distance that you begin to hit the bumpers some of the swings – then spread them apart an inch or two and you're ready to hit balls.

**2.** Start hitting balls. When you've hit a few in a row cleanly, move the bumpers in. Continue this process until the bumpers start to jam you and then back them off again. You will find it most productive if you stay with your 9 iron for the first two sessions you work with the Chiliwacker.

**3.** As you begin feeling what a proper swing feels like you will likely find that the bottom of your swing has changed position. For golfers who slice this new swing will likely cause you to bottom out sooner and hit the ground earlier than you normally would. **THIS IS GOOD.**

Just make a simple adjustment and move the ball back a bit in your stance so that is just in back of where you now bottom out. Now you will be **HITTING THE BALL FIRST**, which is **RULE #1** of a great golf swing. Of course, if you are one of the rare golfers who swings too flat and you battle with the lower bumper you might find it helpful to move the ball slightly forward in your stance.

**4.** All this has been done with only your 9 iron. Please take the time over the first two, or even three sessions, to really dial your 9 iron in. You will be glad you did.

**5.** Now you're ready to move down to your 7 iron. The 7 iron may be the most important club in your bag (tied with your putter) because it represents for most golfers the 135-165 yard shot which comes into play on virtually every hole, is the club you're most likely to swing if you're checking out clubs at the golf store, and because it usually is the where most recreational golfers swing starts to break down due to the club length.

The good news is the process for dialing in your 7 iron is the same as it is for the 9 iron. Start with the bumpers far apart, take practice swings and find the limit where you begin to hit the bumpers and then back them off a bit. Hit balls. Adjust bumpers. Adjust position of ball, if necessary, and work extremely hard to swing between the bumpers and **HIT THE BALL FIRST.**

The 7 iron will be tougher to improve with than the 9 and it will take you several sessions to really see an improvement. It is also a club where you can really begin to see a difference in your ball flight. If you struggle with slicing, you will find that as the bumpers get closer and you are training yourself to swing under the upper bumper that you will begin to draw or hook the ball which for the chronic slicer a really great thing to feel and see! Only when you have made this improvement on ball flight should you move onto the toughest club in your bag – **DRIVER.**