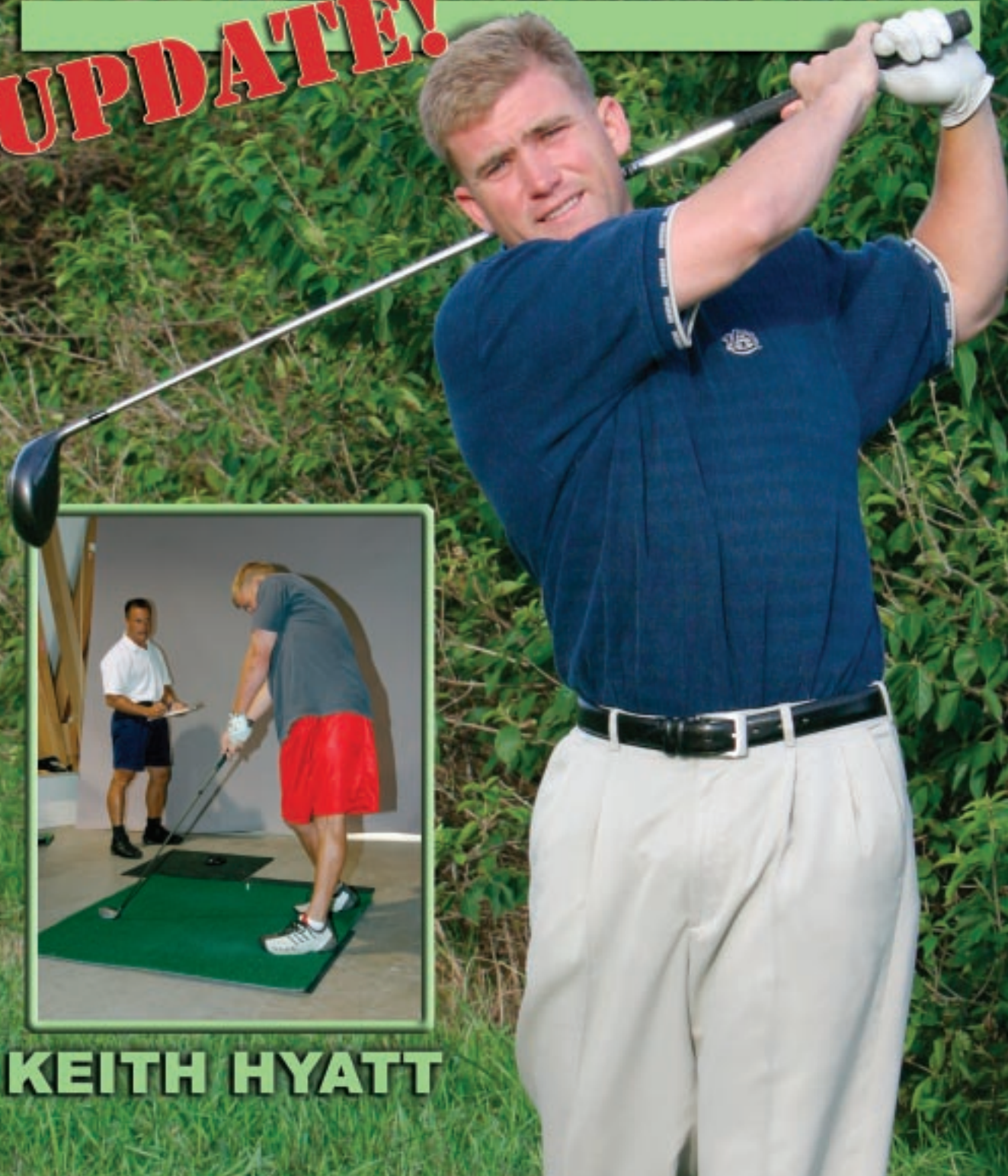


PARRILLO

GOLF TRAINING PROGRAM

UPDATE!



KEITH HYATT

ONE MAN'S EXPERIENCE

“Keith used to hit the ball long - now he hits it sick long!”
Competitor watching Keith Hyatt smash a 350-yard tee shot.

Keith Hyatt went to college on a golf scholarship and was the proud possessor of a consistent 260-yard drive. Now 25-years old, Keith met John Parrillo in August of the year 2000 and when The Master Blaster started telling Keith how he felt sure he could add 50-yards to Keith's drive without any degradation in accuracy, young Mr. Hyatt was simultaneously attracted yet cautious: “Who wouldn't want to add 50-yards to their drive? And that part was seductive to be sure but I couldn't afford to be turned into some sort of muscle-bound Robo-golfer who could hit the ball a country mile but couldn't hit the broad side of a barn at twenty feet. My accuracy, feel and ball placement abilities could not be sacrificed.” Eventually the lure of increased distance – and John's repeated assurance that Keith would suffer no unwelcome skill mutation – convinced him to give the Parrillo prescription a shot. “I knew that John was and is one of the world's acknowledged best when it comes to building muscle and strength. I thought I was in pretty fair physical condition; boy was I wrong!” In the initial phase, John devised a weight training program that was fiendishly difficult but whipped the user into the optimal shape in the minimum time frame.

Phase one was a general conditioning phase. The goal was to raise the golfer's general level of strength and power while simultaneously improving flexibility, endurance and cardiovascular ability. A half dozen or so exercises were strung one after the other and done in a non-stop fashion, complete with high repetitions and forced reps. “Physically, the conditioning phase of the Parrillo golf program was undoubtedly the toughest thing I've ever done in my life.” After six months of using the conditioning program consistently Keith added 15-yards to his drives and now could hit the ball 280-yards. “I was thrilled... 15-yards is nothing to sneeze at. Plus, I was now in the best physical condition of my life.” John began Keith on the ‘golf specific training’ phase in April of 2002. Within six months Keith Hyatt added 60-yards to his drive. “People always ask if I switched equipment to see if this accounts for my radical distance increase: I use a 43-inch steel shaft driver – the same one used by Tiger Woods.” Keith doesn't even avail himself of graphite. The results were startling.

He began entering and winning the long ball portion of a few local tournaments. His winning drive at one was 347-yards. The following week he won another long ball portion of a sanctioned golf competition with a 350-yard effort. At the Shaker Open on a par five, 525-yard hole he ‘caught a tail wind’ and launched the dimpled projectile 396-yards. On the 17th hole of Oasis, playing with a Proctor and Gamble executive and a local preacher (how's that for a witness) Keith threw caution to the wind and went directly for the pin 347-yards away over trees and a pond on a dog-leg left. No one had ever hit the green from the tee until that day. Keith put in within 12-feet of the pin and eagled the par-4 hole. The list of long drive accomplishments goes on and on, but did all this weight training turn Keith into a mind-numbed long-ball hitting robot?

Hardly: “My accuracy actually improved; the really crazy thing is that with all this newfound power I'm actually swinging with *less* effort resulting in *greater* accuracy. I now take a shorter back swing and have managed to improve my club speed tremendously.” John Parrillo offered his take on Keith's rapid improvement. “Keith has added 60-yards to his drive distance in six months time and the reason is Keith is now radically stronger, far more flexible, much faster and possesses far greater stamina and endurance than he did six months ago. He is hitting the ball much further because he is a much better athlete.” Keith had a slightly different take on the reason for his rapid improvement, “I had a great physical base when I came out of the general conditioning phase and I really took to the golf specific portion of the Parrillo program. My strength *and* flexibility improved consistently week after week. Pretty soon I was *significantly* more flexible and more powerful. I don't think its any mystery that suddenly I started crushing the ball effortlessly. I can't describe how much more torque I can generate now as opposed to before. My waist flexibility allows me to wind way up and my improved power allows me to snap my hips and generate lots of speed. My club speed went through the roof.” John has the last word: “I don't think Keith has scratched the surface; he is 25-years old and we've been doing this for six months – how far will he be hitting his shots when he's got a few years of this type training under his belt?”