

3D Golf BioDynamics Swing Analysis

First Name: Bruce **Last Name:** Carter **Email:**
Date: 18-Sep-06 **Test type:** After biofeedback
Mass: 201 lbs **Height:** 71 " **Handicap:** 12

Summary

1. Excellent work, what an improvement all round.
2. Your impact position is now very good. Much better hip tilt and better clearance of your body.
3. Your backswing is better, however, a slight reduction in hip turn with a small increase in shoulder turn would be great

Setup Foundations

Alignment

	Corridor	You
Hips	0 to 8°	0 Open
Shoulders	5 to 12°	12 Open

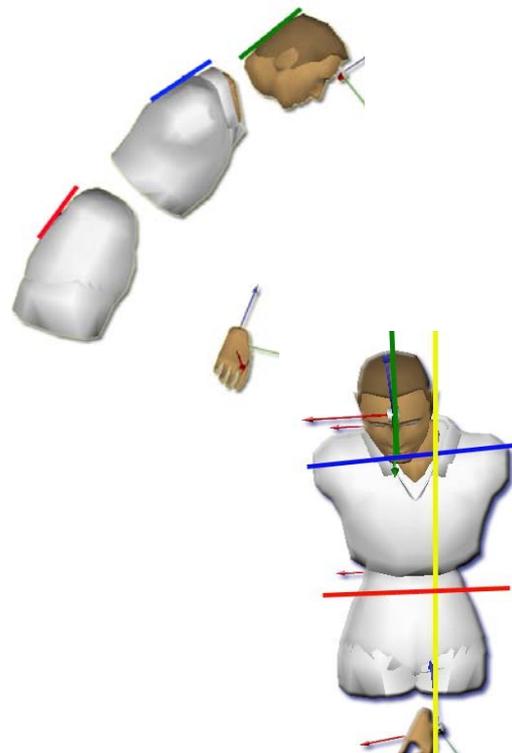
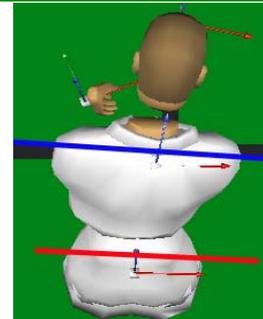
Green = within corridor
 Yellow = just outside corridor
 Red = well outside corridor

Bending

	Corridor	You
Hips	12 to 20°	7 Forward
Shoulders	35 to 45°	36 Forward
Head	30 to 50°	31 Forward

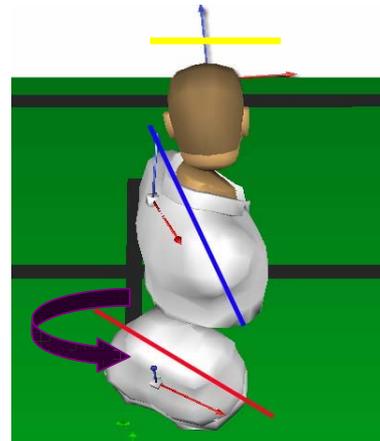
Tilting

	Corridor	You
Hips	0 to 3°	1 Right
Shoulders	7 to 13°	10 Right
Head	0 to 10°	5 Right

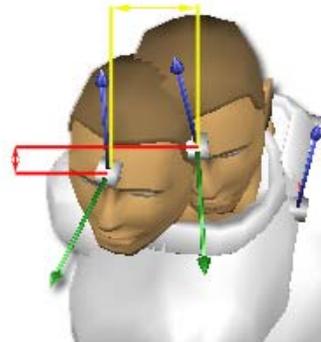


Backswing

Rotations		
	Corridor	You
Hip Turn	-40 to -52°	-53 Closed
Shoulder Turn	-85 to -95°	-83 Closed
X-Factor	-40 to -50°	-30 Closed
X-Factor Stretch	-10 to -25°	-22 Closed
Head Turn	-20 to -40°	-3 Closed

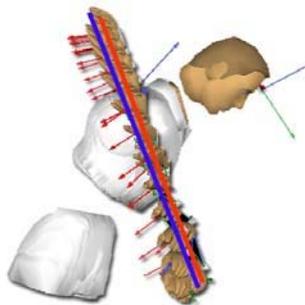


Stability		
	Corridor	You
Head sway (Address to top)	3 to 4½"	1.4 Away
Head lift (Address to top)	-1½ to ½"	0.5 Up
Head thrust (Address to top)	-½ to ½"	0.9 Forward
Hip drop (Address to top)	-1½ to ½"	-0.2 Down



Ideal Hand Path

Your Hand Path



Blue = backswing Red = downswing

Downswing

Impact Zone		
	Corridor	You
Hip Turn	25 to 45°	33 Open
Shoulder Turn	25 to 50°	28 Open
Head Turn	10 to 40°	22 Open
Hip Tilt	10 to 15°	16 Right

Spine Angle Control		
	Corridor	You
Head drop (Top to impact)	-2½ to ½"	-3.5 Down
Head thrust (Top to impact)	-½ to ½"	-0.2 Backward

Body Speeds		Timing Sequence (order that peak speeds occur in downswing)			
	Corridor	You	Hips	Shoulders	Hands
Hips	380 to 550 deg/s	398	1	2	3
Shoulders	480 to 700 deg/s	583	1	2	3
Hands	17.9 to 21.5 ft/s	24.6	0	0	0

