

## 3D Golf BioDynamics Swing Analysis

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

### Summary

1. Bruce, your hips are a little closed at address and you need to work on pushing your butt back slightly.
2. Your hips over rotate during the backswing, resulting in too much shoulder turn
3. You need to improve the tilt in your pelvis during the downswing, which will therefore improve your timing sequence.

### Setup Foundations

#### Alignment

	Corridor	You
<b>Hips</b>	0 to 8°	<b>-7</b> Closed
<b>Shoulders</b>	5 to 12°	<b>9</b> Open

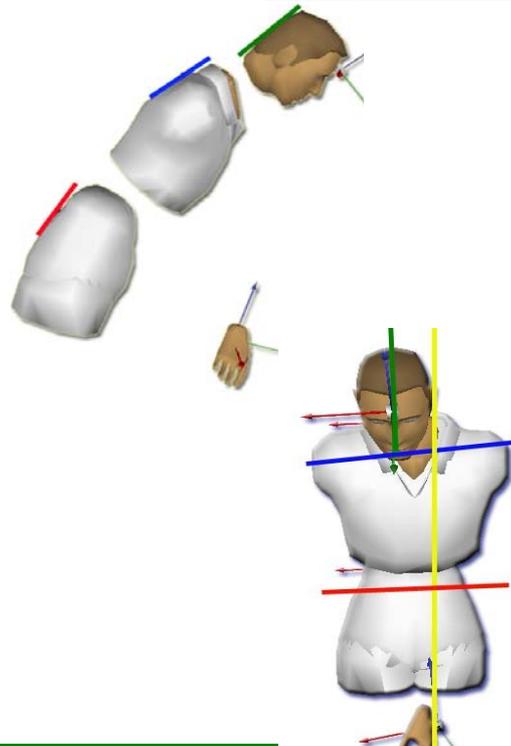
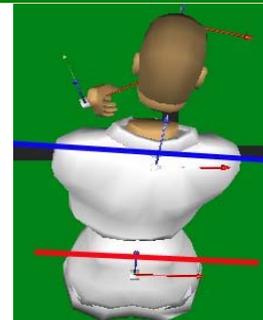
Green = within corridor  
 Yellow = just outside corridor  
 Red = well outside corridor

#### Bending

	Corridor	You
<b>Hips</b>	12 to 20°	<b>12</b> Forward
<b>Shoulders</b>	35 to 45°	<b>41</b> Forward
<b>Head</b>	30 to 50°	<b>34</b> Forward

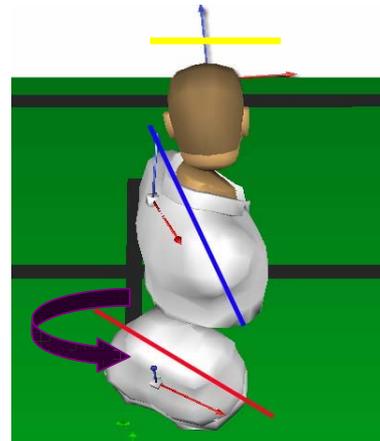
#### Tilting

	Corridor	You
<b>Hips</b>	0 to 3°	<b>-3</b> Left
<b>Shoulders</b>	7 to 13°	<b>9</b> Right
<b>Head</b>	0 to 10°	<b>1</b> Right

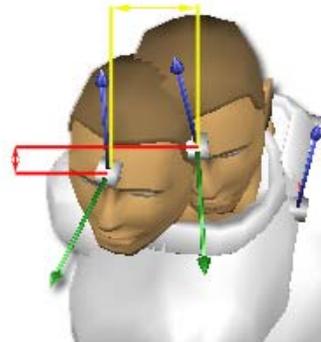


## Backswing

Rotations			
	Corridor	You	
<b>Hip Turn</b>	-40 to -52°	<b>-67</b>	Closed
<b>Shoulder Turn</b>	-85 to -95°	<b>-102</b>	Closed
<b>X-Factor</b>	-40 to -50°	<b>-35</b>	Closed
<b>X-Factor Stretch</b>	-10 to -25°	<b>-20</b>	Closed
<b>Head Turn</b>	-20 to -40°	<b>-26</b>	Closed

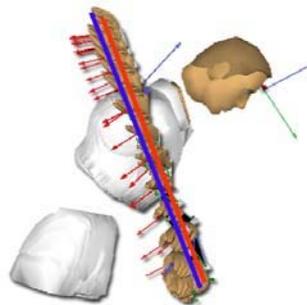


Stability			
	Corridor	You	
<b>Head sway</b> (Address to top)	3 to 4½"	<b>3.5</b>	Away
<b>Head lift</b> (Address to top)	-1½ to ½"	<b>0.3</b>	Up
<b>Head thrust</b> (Address to top)	-½ to ½"	<b>0.8</b>	Forward
<b>Hip drop</b> (Address to top)	-1½ to ½"	<b>-0.4</b>	Down



### Ideal Hand Path

### Your Hand Path



Blue = backswing    Red = downswing

## Downswing

Impact Zone		
	Corridor	You
<b>Hip Turn</b>	25 to 45°	<b>18</b> Open
<b>Shoulder Turn</b>	25 to 50°	<b>22</b> Open
<b>Head Turn</b>	10 to 40°	<b>-2</b> Closed
<b>Hip Tilt</b>	10 to 15°	<b>9</b> Right

Spine Angle Control		
	Corridor	You
<b>Head drop</b> (Top to impact)	-2½ to ½"	<b>-3.7</b> Down
<b>Head thrust</b> (Top to impact)	-½ to ½"	<b>-0.5</b> Backward

Body Speeds		Timing Sequence (order that peak speeds occur in downswing)			
	Corridor	You	Hips	Shoulders	Hands
<b>Hips</b>	380 to 550 deg/s	<b>385</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>Shoulders</b>	480 to 700 deg/s	<b>644</b>	<b>1</b>	<b>3</b>	<b>2</b>
<b>Hands</b>	17.9 to 21.5 ft/s	<b>24.8</b>	<b>0</b>	<b>0</b>	<b>0</b>

