

3D Golf BioDynamics Swing Analysis

First Name: Peter **Last Name:** Finnie **Email:**
Date: 17-Aug-07 **Test type:** After biofeedback
Mass: 230 lbs **Height:** 73 " **Handicap:** 21

Summary

1. Great work Peter, your weight shift, hip turn and head sway in the backswing are now much better.
2. Keep working on the drill I gave you, the more of these you do then the better your golf swing will become!

Setup Foundations

Alignment

	Corridor	You
Hips	0 to 8°	-10 Closed
Shoulders	5 to 12°	17 Open

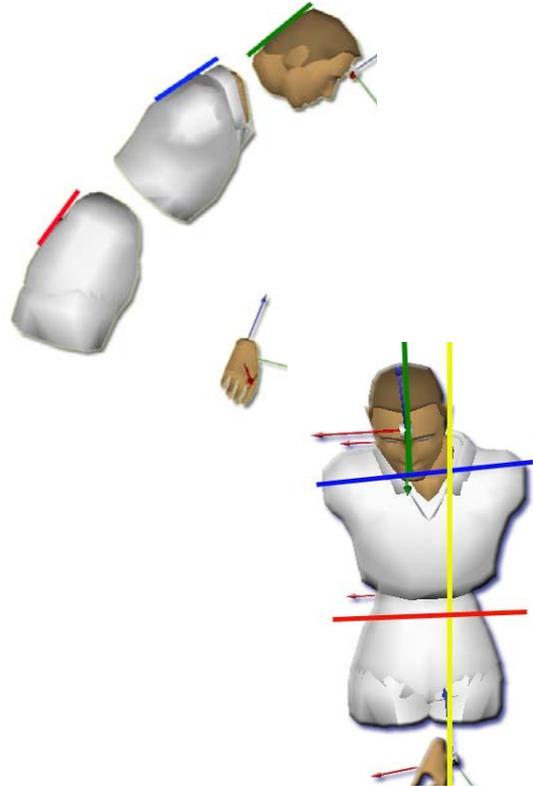
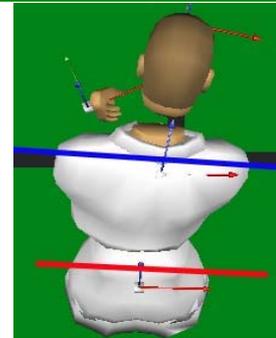
Green = within corridor
 Yellow = just outside corridor
 Red = well outside corridor

Bending

	Corridor	You
Hips	12 to 20°	25 Forward
Shoulders	35 to 45°	46 Forward
Head	30 to 50°	45 Forward

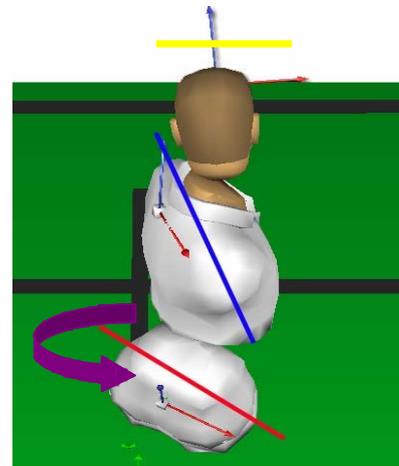
Tilting

	Corridor	You
Hips	0 to 3°	-4 Left
Shoulders	7 to 13°	14 Right
Head	0 to 10°	3 Right

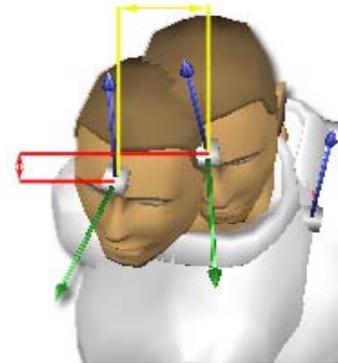


Backswing

Rotations			
	Corridor	You	
Hip Turn	-40 to -52°	-56	Closed
Shoulder Turn	-85 to -95°	-97	Closed
X-Factor	-40 to -50°	-41	Closed
X-Factor Stretch	-10 to -25°	0	Closed
Head Turn	-20 to -40°	-40	Closed

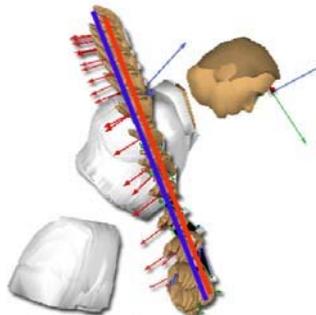


Stability			
	Corridor	You	
Head sway (Address to top)	3 to 4½"	6.0	Away
Head lift (Address to top)	-1½ to ½"	2.4	Up
Head thrust (Address to top)	-½ to ½"	-0.7	Backward
Hip drop (Address to top)	-1½ to ½"	-1.6	Down



Ideal Hand Path

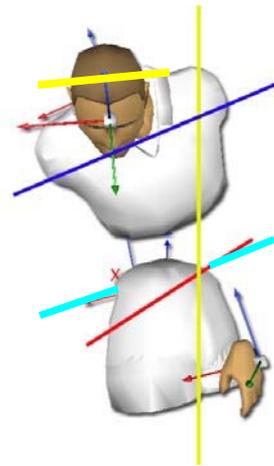
Your Hand Path



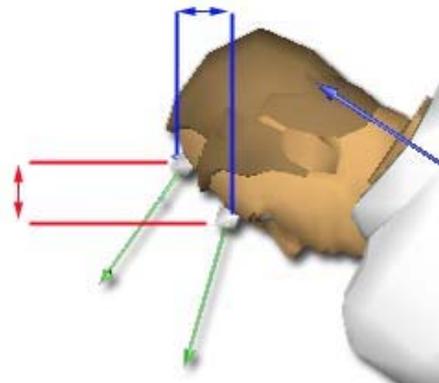
Blue = backswing Red = downswing

Downswing

Impact Zone			
	Corridor	You	
Hip Turn	25 to 45°	21	Open
Shoulder Turn	25 to 50°	22	Open
Head Turn	10 to 40°	-11	Closed
Hip Tilt	10 to 15°	6	Right



Spine Angle Control			
	Corridor	You	
Head drop (Top to impact)	-2½ to ½"	-1.3	Down
Head thrust (Top to impact)	-½ to ½"	-1.1	Backward



Body Speeds		
	Corridor	You
Hips	380 to 550 deg/s	392
Shoulders	480 to 700 deg/s	584
Hands	17.9 to 21.5 ft/s	25.1

Timing Sequence (order that peak speeds occur in downswing)			
	Hips	Shoulders	Hands
Ideal	1	2	3
5-iron	1	3	2
Driver	0	0	0