

3D Golf BioDynamics Swing Analysis

First Name: Scott **Last Name:** Booth **Email:**
Date: 21-Aug-07 **Test type:** After biofeedback
Mass: 180 lbs **Height:** 70 " **Handicap:** 0

Summary

1. Fantastic work Scott!! Huge improvement all round. Keep stretching as ultimately this will dictate your ability to change and improve your swing and performance.

Setup Foundations

Alignment

	Corridor	You
Hips	0 to 8°	6 Open
Shoulders	5 to 12°	13 Open

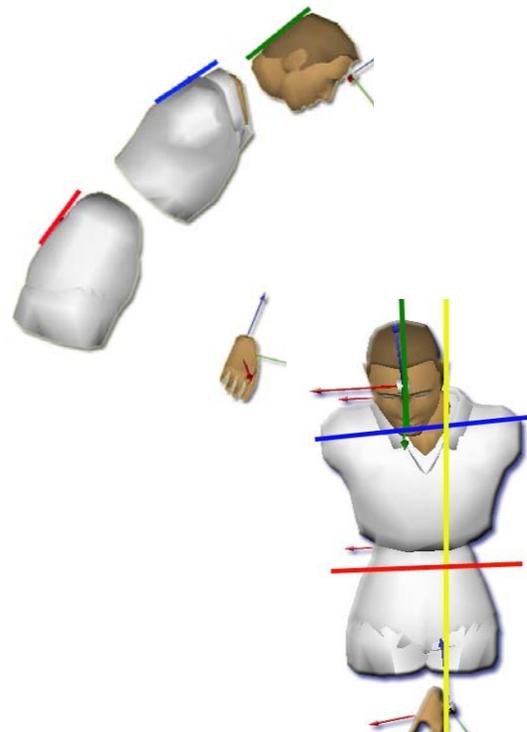
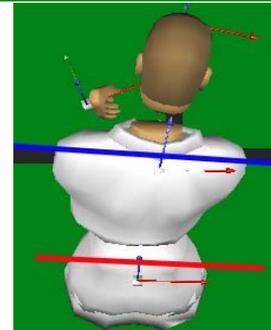
Green = within corridor
 Yellow = just outside corridor
 Red = well outside corridor

Bending

	Corridor	You
Hips	12 to 16°	15 Forward
Shoulders	35 to 45°	40 Forward
Head	30 to 50°	52 Forward

Tilting

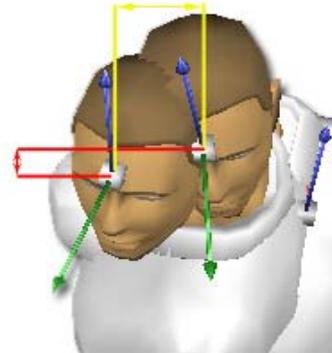
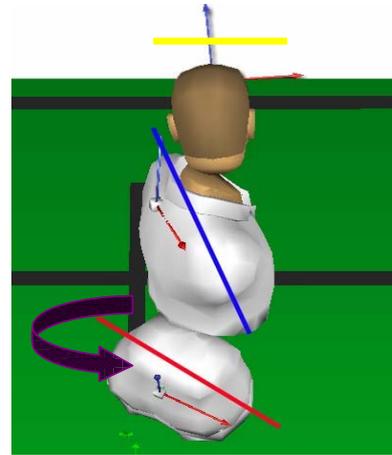
	Corridor	You
Hips	0 to 3°	1 Right
Shoulders	7 to 13°	12 Right
Head	0 to 10°	5 Right



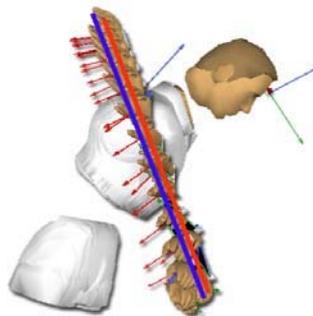
Backswing

Rotations			
	Corridor	You	
Hip Turn	-35 to -45°	-54	Closed
Shoulder Turn	-85 to -95°	-96	Closed
X-Factor	-40 to -50°	-42	Closed
X-Factor Stretch	-15 to -25°	-7	Closed
Head Turn	-20 to -40°	-30	Closed

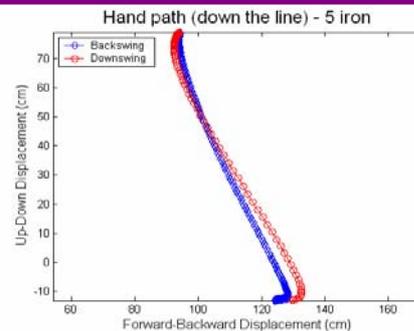
Stability			
	Corridor	You	
Head sway (Address to top)	3 to 4½"	4.5	Away
Head lift (Address to top)	-1½ to ½"	0.2	Up
Head thrust (Address to top)	-½ to ½"	1.4	Forward
Hip drop (Address to top)	-1½ to ½"	-0.4	Down



Ideal Hand Path



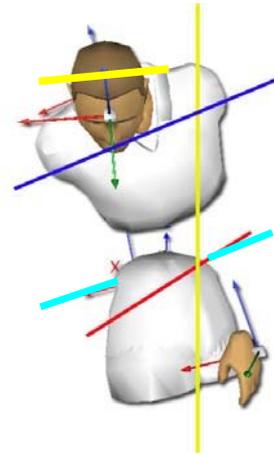
Your Hand Path



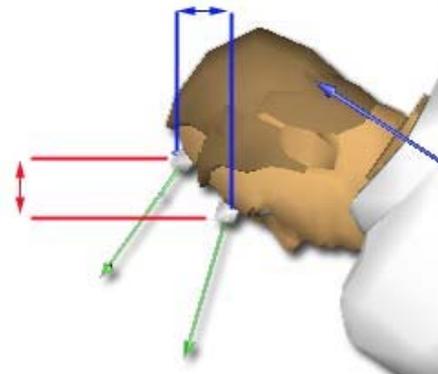
Blue = backswing Red = downswing

Downswing

Impact Zone			
	Corridor	You	
Hip Turn	35 to 45°	38	Open
Shoulder Turn	35 to 50°	38	Open
Head Turn	10 to 40°	2	Open
Hip Tilt	10 to 15°	12	Right



Spine Angle Control			
	Corridor	You	
Head drop (Top to impact)	-2½ to ½"	-2.8	Down
Head thrust (Top to impact)	-½ to ½"	-0.8	Backward



Body Speeds		
	Corridor	You
Hips	420 to 550 deg/s	470
Shoulders	550 to 700 deg/s	658
Hands	20.0 to 25.0 ft/s	27.3

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