

3D Golf BioDynamics Swing Analysis

First Name: Alex **Last Name:** Molliex **Email:**
Date: 09-Jun-07 **Test type:** After biofeedback
Mass: 165 lbs **Height:** 71 " **Handicap:** 17

Summary

- Alex. Excellent work, your posture at address is now very good.
- Your weight shift in the backswing is now fantastic, your head moves off the ball better allowing for more body turn.
- As a result of this your x factor stretch has improved and your body speed has increased.

Setup Foundations

Alignment

	Corridor	You
Hips	0 to 8°	-12 Closed
Shoulders	5 to 12°	14 Open

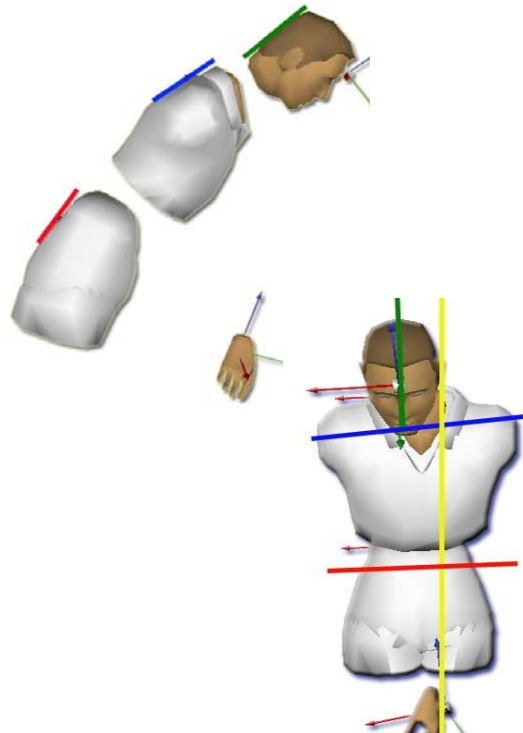
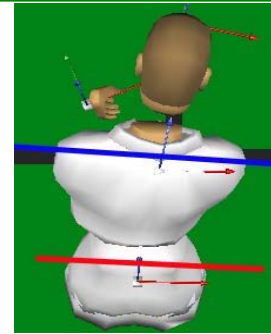
Green = within corridor
 Yellow = just outside corridor
 Red = well outside corridor

Bending

	Corridor	You
Hips	12 to 16°	13 Forward
Shoulders	35 to 45°	40 Forward
Head	30 to 50°	28 Forward

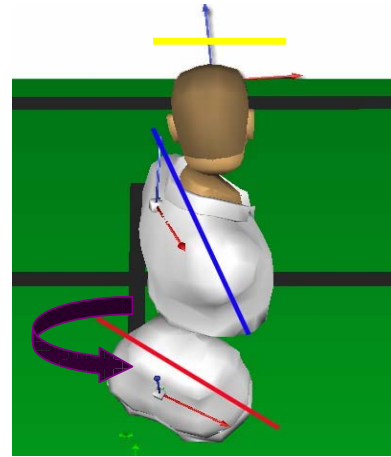
Tilting

	Corridor	You
Hips	0 to 3°	-4 Left
Shoulders	7 to 13°	13 Right
Head	0 to 10°	8 Right

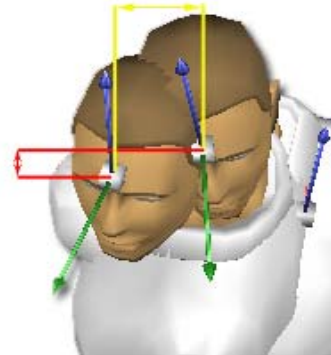


Backswing

Rotations			
	Corridor	You	
Hip Turn	-35 to -45°	-58	Closed
Shoulder Turn	-85 to -95°	-105	Closed
X-Factor	-40 to -50°	-47	Closed
X-Factor Stretch	-15 to -25°	-7	Closed
Head Turn	-20 to -40°	-29	Closed

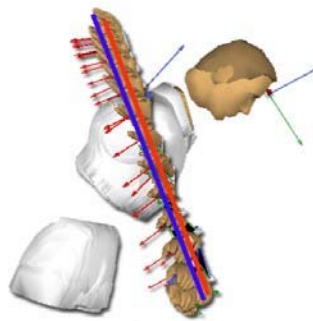


Stability			
	Corridor	You	
Head sway (Address to top)	3 to 4½"	3.9	Away
Head lift (Address to top)	-1½ to ½"	-2.0	Down
Head thrust (Address to top)	-½ to ½"	-0.4	Backward
Hip drop (Address to top)	-1½ to ½"	-0.8	Down



Ideal Hand Path

Your Hand Path



Blue = backswing Red = downswing

Downswing

Impact Zone			
	Corridor	You	
Hip Turn	35 to 45°	31	Open
Shoulder Turn	35 to 50°	32	Open
Head Turn	10 to 40°	7	Open
Hip Tilt	10 to 15°	10	Right

Spine Angle Control			
	Corridor	You	
Head drop <small>(Top to impact)</small>	-2½ to ½"	-2.2	Down
Head thrust <small>(Top to impact)</small>	-½ to ½"	2.0	Forward

Body Speeds		
	Corridor	You
Hips	420 to 550 deg/s	397
Shoulders	550 to 700 deg/s	643
Hands	20.0 to 25.0 ft/s	25.4

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

