

3D Golf BioDynamics Swing Analysis

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

Summary

- Alex, you have some good aspects to your swing, however, your butt sits too far back at address.
- During your backswing, your hips sway a little, causing the head to stay too central.
- As a result of this, you are a little under rotated and your head drops slightly.

Setup Foundations

Alignment

	Corridor	You
Hips	0 to 8°	2 Open
Shoulders	5 to 12°	18 Open

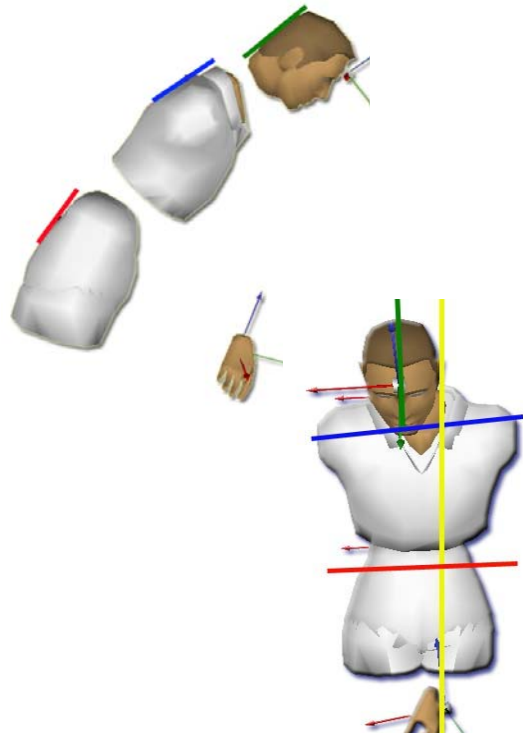
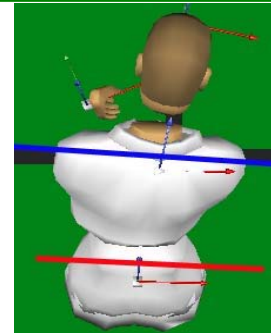
Green = within corridor
 Yellow = just outside corridor
 Red = well outside corridor

Bending

	Corridor	You
Hips	12 to 16°	22 Forward
Shoulders	35 to 45°	38 Forward
Head	30 to 50°	28 Forward

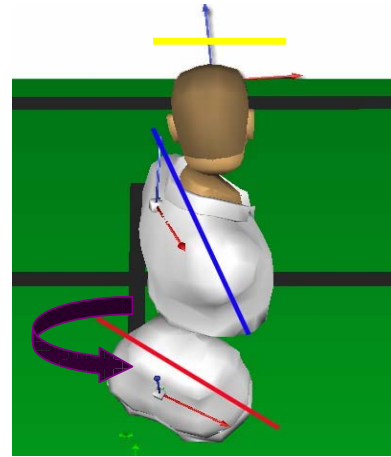
Tilting

	Corridor	You
Hips	0 to 3°	-1 Left
Shoulders	7 to 13°	14 Right
Head	0 to 10°	4 Right

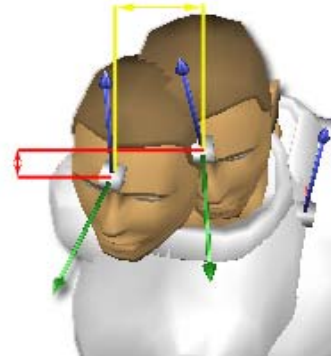


Backswing

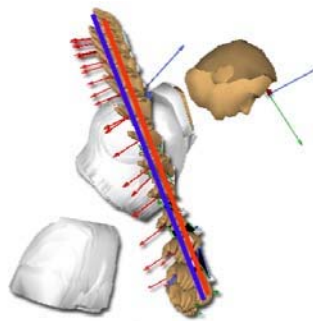
Rotations			
	Corridor	You	
Hip Turn	-35 to -45°	-34	Closed
Shoulder Turn	-85 to -95°	-85	Closed
X-Factor	-40 to -50°	-51	Closed
X-Factor Stretch	-15 to -25°	-2	Closed
Head Turn	-20 to -40°	-8	Closed



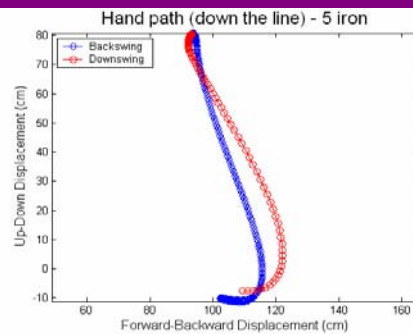
Stability			
	Corridor	You	
Head sway (Address to top)	3 to 4½"	2.2	Away
Head lift (Address to top)	-1½ to ½"	-1.7	Down
Head thrust (Address to top)	-½ to ½"	0.3	Forward
Hip drop (Address to top)	-1½ to ½"	-0.2	Down



Ideal Hand Path



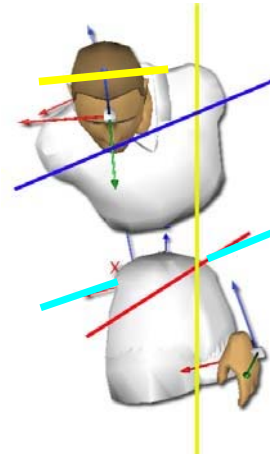
Your Hand Path



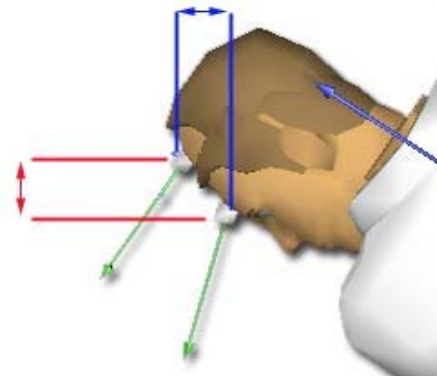
Blue = backswing Red = downswing

Downswing

Impact Zone			
	Corridor	You	
Hip Turn	35 to 45°	34	Open
Shoulder Turn	35 to 50°	33	Open
Head Turn	10 to 40°	12	Open
Hip Tilt	10 to 15°	11	Right



Spine Angle Control			
	Corridor	You	
Head drop (Top to impact)	-2½ to ½"	-2.4	Down
Head thrust (Top to impact)	-½ to ½"	1.4	Forward



Body Speeds		
	Corridor	You
Hips	420 to 550 deg/s	368
Shoulders	550 to 700 deg/s	598
Hands	20.0 to 25.0 ft/s	25.2

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