

3D Golf BioDynamics Swing Analysis

First Name:	Nick	Last Name:	Heward	Email:	
Date:	29-Jul-07	Test type:	After biofeedback		
Mass:	202 lbs	Height:	74 "	Handicap:	14

Summary

1. Great work Nick, your head thrust is now excellent.(lack of!!)
2. Watch at address as your hips are still closed and your shoulders are a little open. Your butt is also sitting too far back.
3. Whilst you are working on your head thrust continue to turn during the backswing.

Setup Foundations

Alignment

	Corridor	You
Hips	0 to 8°	-4
Shoulders	5 to 12°	15

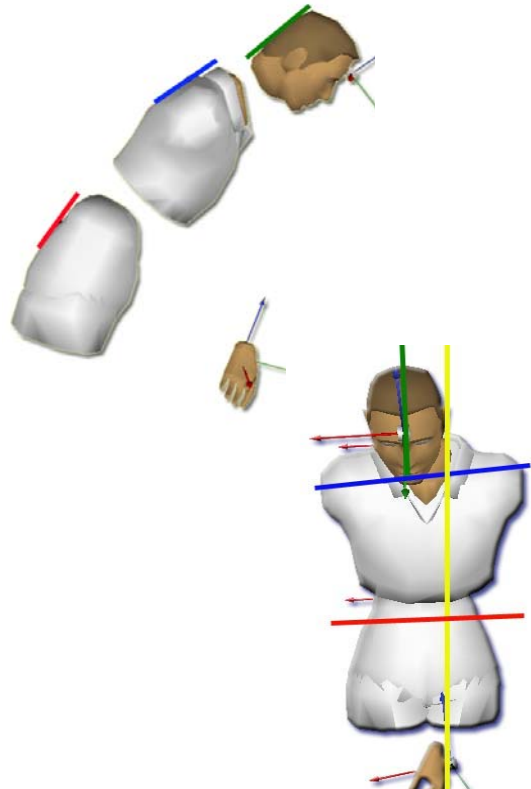
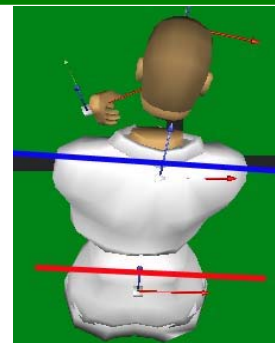
Green = within corridor
 Yellow = just outside corridor
 Red = well outside corridor

Bending

	Corridor	You
Hips	12 to 20°	26
Shoulders	35 to 45°	44
Head	30 to 50°	44

Tilting

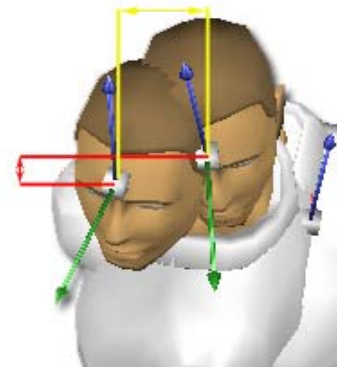
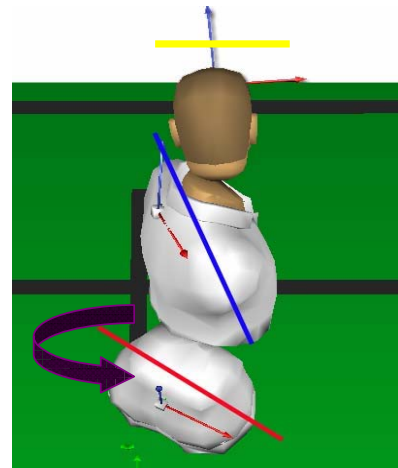
	Corridor	You
Hips	0 to 3°	-1
Shoulders	7 to 13°	11
Head	0 to 10°	6



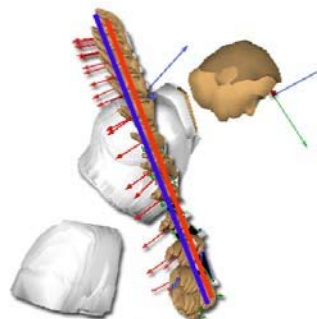
Backswing

Rotations			
	Corridor	You	
Hip Turn	-40 to -52°	-39	Closed
Shoulder Turn	-85 to -95°	-79	Closed
X-Factor	-40 to -50°	-40	Closed
X-Factor Stretch	-10 to -25°	-6	Closed
Head Turn	-20 to -40°	-11	Closed

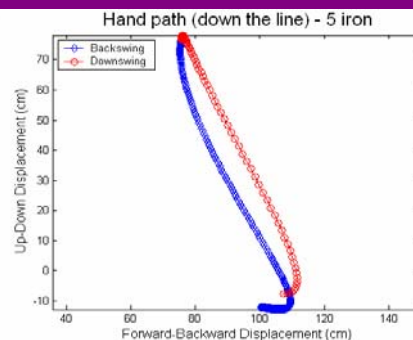
Stability			
	Corridor	You	
Head sway (Address to top)	3 to 4½"	2.2	Away
Head lift (Address to top)	-1½ to ½"	0.6	Up
Head thrust (Address to top)	-½ to ½"	1.0	Forward
Hip drop (Address to top)	-1½ to ½"	-0.3	Down



Ideal Hand Path



Your Hand Path



Blue = backswing Red = downswing

