

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

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

Setup Foundations

Alignment

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

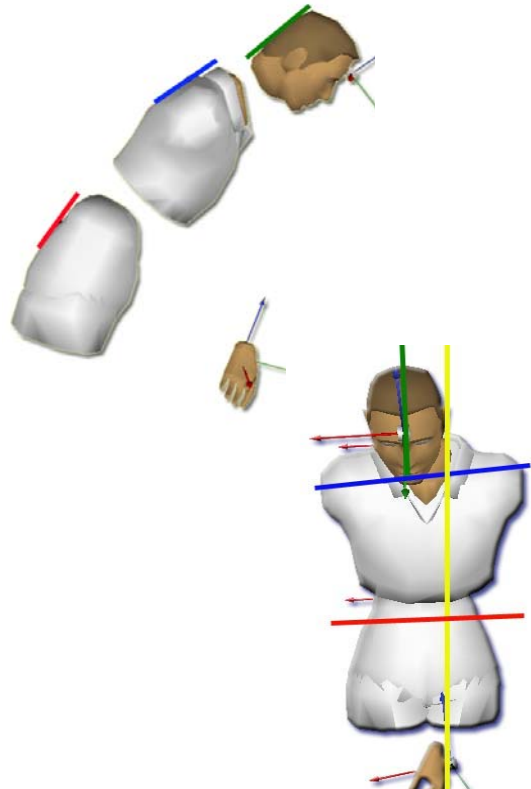
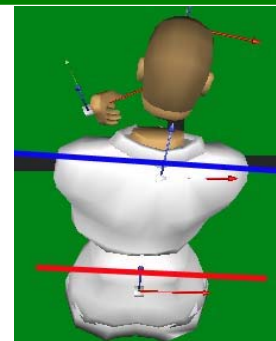
Green = within corridor
 Yellow = just outside corridor
 Red = well outside corridor

Bending

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

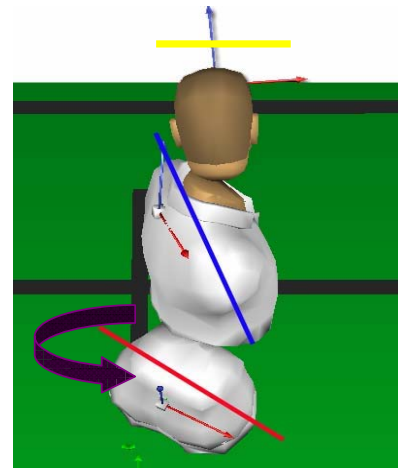
Tilting

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

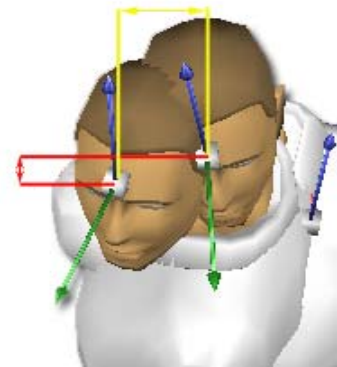


Backswing

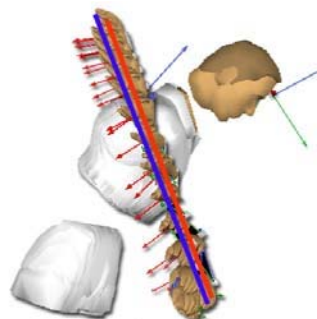
Rotations			
	Corridor	You	
Hip Turn	-40 to -52°	-39	Closed
Shoulder Turn	-85 to -95°	-79	Closed
X-Factor	-40 to -50°	-40	Closed
X-Factor Stretch	-10 to -25°	-6	Closed
Head Turn	-20 to -40°	-11	Closed



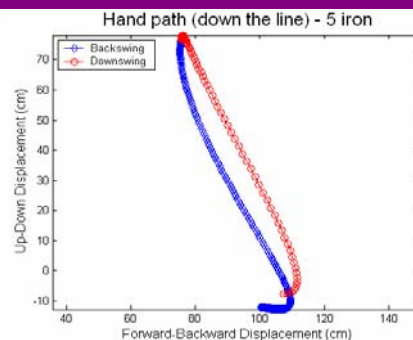
Stability			
	Corridor	You	
Head sway (Address to top)	3 to 4½"	2.2	Away
Head lift (Address to top)	-1½ to ½"	0.6	Up
Head thrust (Address to top)	-½ to ½"	1.0	Forward
Hip drop (Address to top)	-1½ to ½"	-0.3	Down



Ideal Hand Path



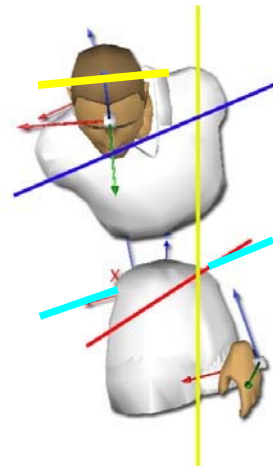
Your Hand Path



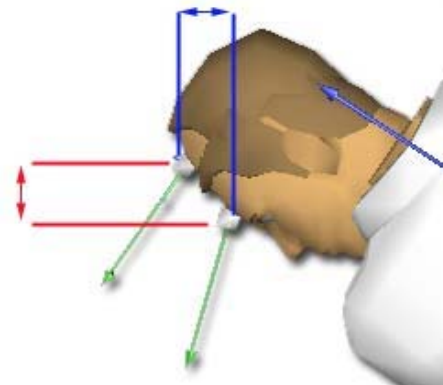
Blue = backswing Red = downswing

Downswing

Impact Zone			
	Corridor	You	
Hip Turn	25 to 45°	24	Open
Shoulder Turn	25 to 50°	31	Open
Head Turn	10 to 40°	1	Open
Hip Tilt	10 to 15°	8	Right



Spine Angle Control			
	Corridor	You	
Head drop (Top to impact)	-2½ to ½"	-2.9	Down
Head thrust (Top to impact)	-½ to ½"	0.0	Forward



Body Speeds		
	Corridor	You
Hips	380 to 550 deg/s	368
Shoulders	480 to 700 deg/s	589
	17.9 to 21.5 ft/s	

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