

3D Golf BioDynamics Swing Analysis

First Name: Nick

Last Name: Heward

Email:

Date: 09-Jun-07

Test type: Initial test

Mass: 92 kg

Height: 1.88 m

Handicap: 14

Summary

1. Nick, you have some excellent aspects to your game, esppecially your set up.
2. In your backswing, your body is very under rotated and your head lifts upwards and towards the target. Because of this, your weight is moving into your left leg.
3. During the downswing, your head drops as a result of it lifting in the backswing.

Setup Foundations

Alignment

	Corridor	You
Hips	0 to 8°	3 Open
Shoulders	5 to 12°	16 Open

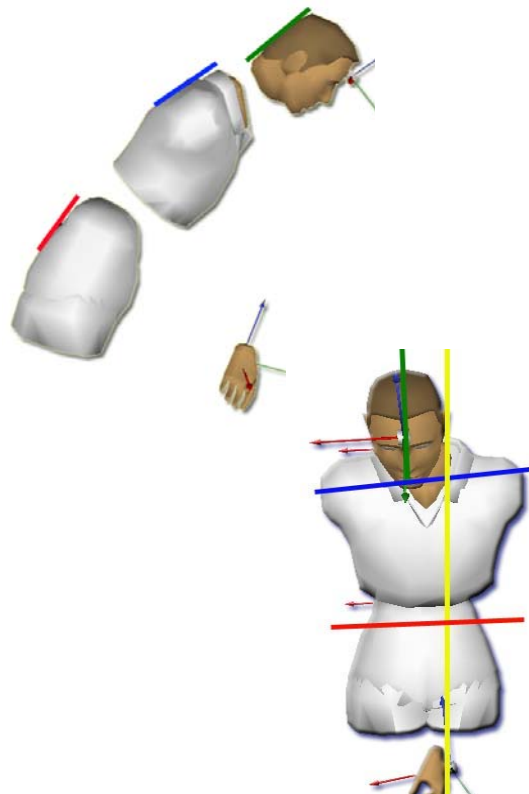
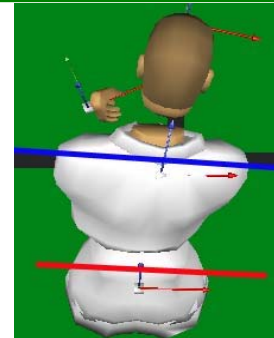
Green = within corridor
Yellow = just outside corridor
Red = well outside corridor

Bending

	Corridor	You
Hips	12 to 20°	18 Forward
Shoulders	35 to 45°	44 Forward
Head	30 to 50°	46 Forward

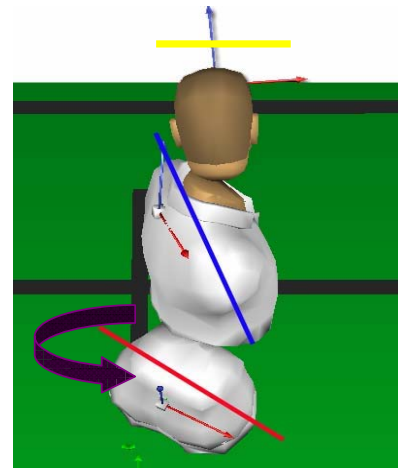
Tilting

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

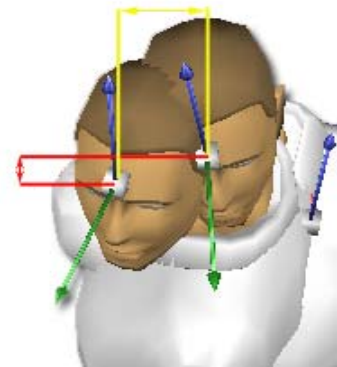


Backswing

Rotations			
	Corridor	You	
Hip Turn	-40 to -52°	-32	Closed
Shoulder Turn	-85 to -95°	-63	Closed
X-Factor	-40 to -50°	-31	Closed
X-Factor Stretch	-10 to -25°	-3	Closed
Head Turn	-20 to -40°	-8	Closed

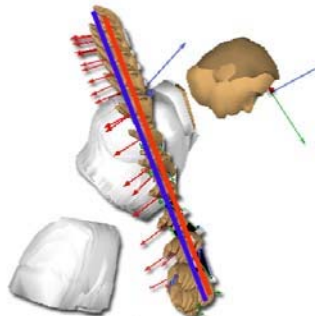


Stability			
	Corridor	You	
Head sway (Address to top)	7½ to 11 cm	-1.4	Toward
Head lift (Address to top)	-2½ to 1 cm	5.1	Up
Head thrust (Address to top)	-1¼ to 1¼ cm	5.2	Forward
Hip drop (Address to top)	-2½ to 1 cm	-0.7	Down



Ideal Hand Path

Your Hand Path



Blue = backswing Red = downswing

Downswing

Impact Zone		
	Corridor	You
Hip Turn	25 to 45°	25 Open
Shoulder Turn	25 to 50°	36 Open
Head Turn	10 to 40°	2 Open
Hip Tilt	10 to 15°	8 Right

Spine Angle Control		
	Corridor	You
Head drop (Top to impact)	-6 to 1 cm	-7.3 Down
Head thrust (Top to impact)	-1¼ to 1¼ cm	0.0 Backward

Body Speeds		
	Corridor	You
Hips	380 to 550 deg/s	345
Shoulders	480 to 700 deg/s	563
Hands	525 to 640 cm/s	657

Timing Sequence (order that peak speeds occur in downswing)			
	Hips	Shoulders	Hands
Ideal	1	2	3
5-iron	1	1	3
Driver	0	0	0

