





| Date: 14-Jul-07 Test type: Initial test Mass: 165 lbs Height: 70 " Handicap: 10 Summary Initial test Initial test Initial test I. Richard, you have some good qualities to your swing, however, at set up, your butt sits too far back and your right hip sits too high. Initial test I. Richard, you have some good qualities to your swing, however, at set up, your butt sits too far back and your right hip sits too high. Initial test I. During the backswing your hips over rotate. Initial test Initial test I. In the downswing, you need to start with a lateral shift of your hips, this will result in a much improved hand | | | | | | | Dr. Rob Neal Ph | |
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| Hips 0 to 3° -3 Left Shoulders 7 to 13° 11 Right | | Tilting | J | | | | | |
| Shoulders 7 to 13° 11 Right | | Corridor | You | | | | | |
| | Hips | 0 to 3° | -3 Le | ∍ft | | | 7 | |
| Head 0 to 10° -2 Left | Shoulders | 7 to 13° | 11 Rig | jht | | | (Creent) | |
| | Head | 0 to 10° | -2 Le | əft | | | - | |



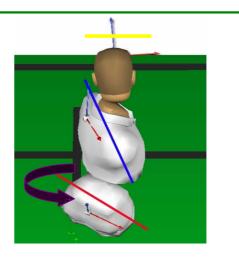


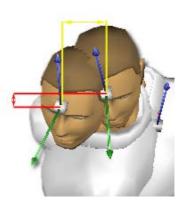


Backswing

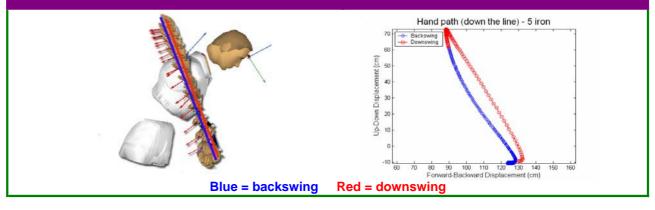
| Rotations | | | | |
|---------------------------------|-------------|------------------|--|--|
| | Corridor | You | | |
| Hip Turn | -35 to -45° | -67 Closed | | |
| Shoulder Turn | -85 to -95° | -97 Closed | | |
| X-Factor | -40 to -50° | -30 Closed | | |
| X-Factor Stretch | -15 to -25° | -25 Closed | | |
| Head Turn | -20 to -40° | -14 Closed | | |
| | Stabili | ty | | |
| Corridor Yo | | You | | |
| Head sway (Address to top) | 3 to 4½" | 5.2 Away | | |
| Head lift (Address to top) | -1½ to ½" | 0.3 Up | | |
| Head thrust (Address to top) | -½ to ½" | -0.8 Backward | | |
| Hip drop (Address to top) | -1½ to ½" | -1.5 Down | | |

Ideal Hand Path





Your Hand Path









Downswing

| Impact Zone | | | | |
|------------------|-----------|----------------------|--|--|
| | Corridor | You | | |
| Hip Turn | 35 to 45° | 32 Open | | |
| Shoulder Turn | 35 to 50° | 30 Open | | |
| Head Turn | 10 to 40° | <mark>1</mark> Open | | |
| Hip Tilt | 10 to 15° | <mark>6</mark> Right | | |

Spine Angle Control

| | Corridor | You |
|--------------------------------|-----------|------------------|
| Head drop (Top to impact) | -2½ to ½" | -2.8 Down |
| Head thrust (Top to impact) | -½ to ½" | -0.8 Backward |

| ‡ <u> </u> | |
|------------|--|

| Body Speeds | | | | |
|-------------|-------------------|------|--|--|
| | Corridor | You | | |
| Hips | 420 to 550 deg/s | 475 | | |
| Shoulders | 550 to 700 deg/s | 653 | | |
| Hands | 20.0 to 25.0 ft/s | 25.1 | | |

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