



Dr Rob Neal, PhD

3D Golf BioDynamics Swing Analysis

First Name:	John	Last Name:		Email:	
Date:	12-Oct-07	Test type:	Initial test		
Mass:	200 lbs	Height:	74 "	Handicap:	scr

Summary

1.
2.
3.

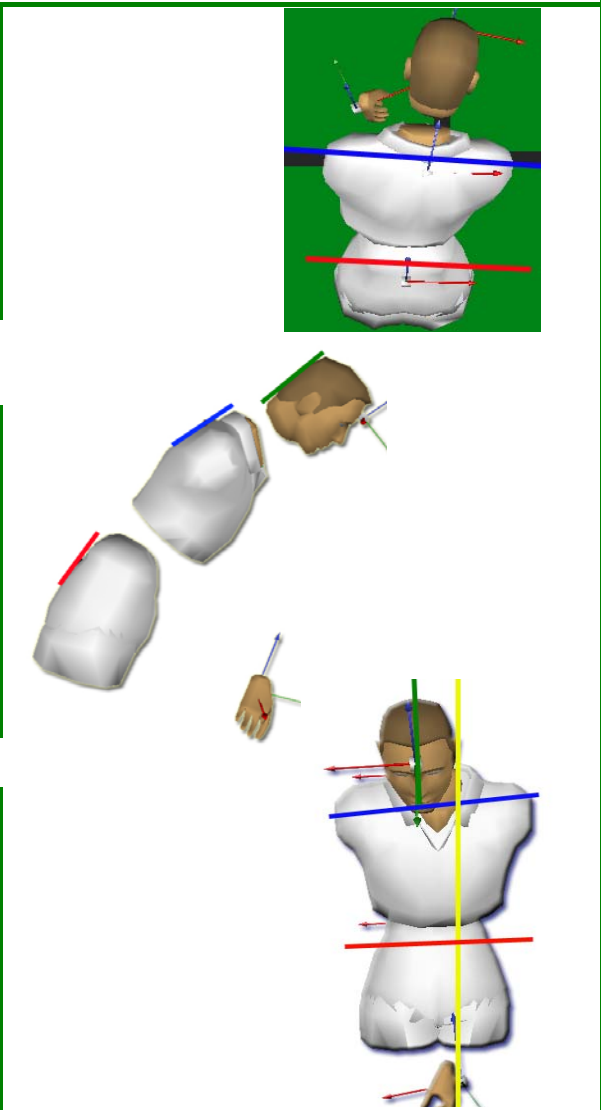
Setup Foundations

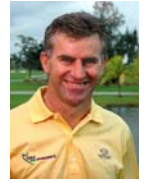
Alignment			
	Corridor	You	
Hips	0 to 8°	0	Closed
Shoulders	5 to 12°	-1	Closed

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

Bending			
	Corridor	You	
Hips	12 to 20°	22	Forward
Shoulders	35 to 45°	44	Forward
Head	30 to 50°	44	Forward

Tilting			
	Corridor	You	
Hips	0 to 3°	-2	Left
Shoulders	7 to 13°	2	Right
Head	0 to 10°	-2	Left

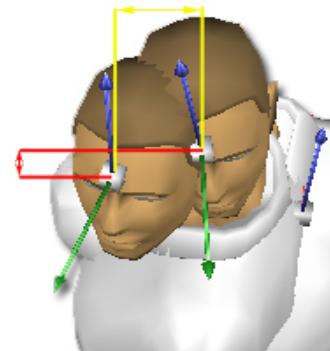
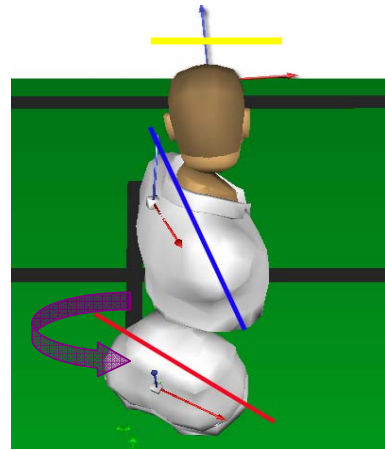




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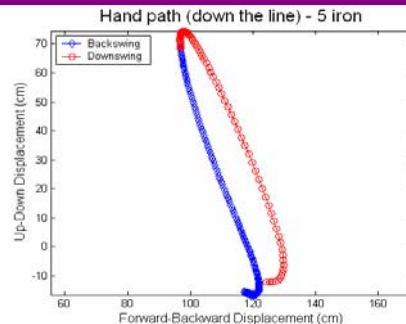
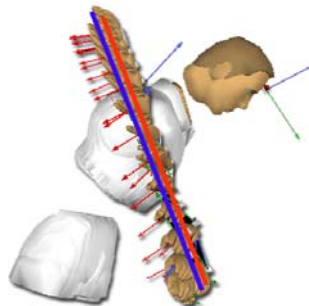
Backswing

Rotations		
	Corridor	You
Hip Turn	-40 to -52°	-44 Closed
Shoulder Turn	-85 to -95°	-88 Closed
X-Factor	-40 to -50°	-44 Closed
X-Factor Stretch	-10 to -25°	-17 Closed
Head Turn	-20 to -40°	-17 Closed
Stability		
	Corridor	You
Head sway (Address to top)	3 to 4½"	4.6 Away
Head lift (Address to top)	-1½ to ½"	-0.2 Down
Head thrust (Address to top)	-½ to ½"	0.3 Forward
Hip drop (Address to top)	-1½ to ½"	-0.7 Down
Hip sway (Address to top)	-1½ to -3"	-2.9 Toward



Ideal Hand Path

Your Hand Path



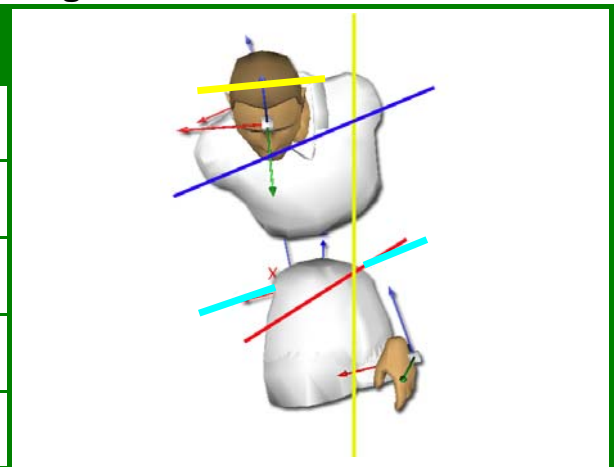
Blue = backswing **Red = downswing**



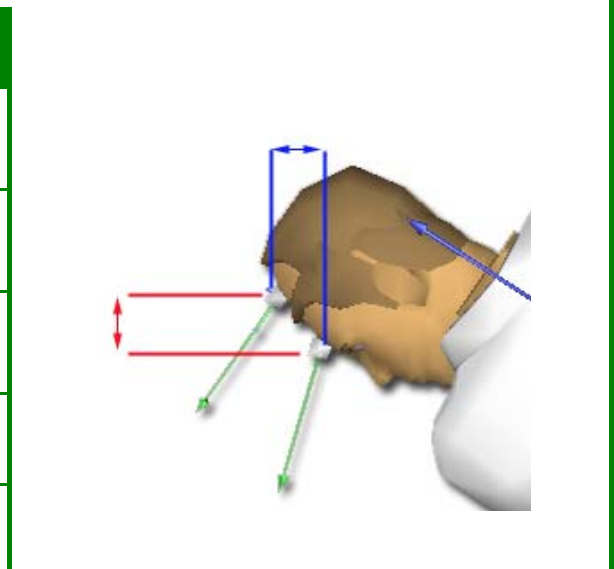
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Downswing

Impact Zone		
	Corridor	You
Hip Turn	25 to 45°	35 Open
Shoulder Turn	25 to 50°	20 Open
Head Turn	10 to 40°	-11 Closed
Hip Tilt	10 to 15°	11 Right



Spine Angle Control		
	Corridor	You
Head drop (Top to impact)	-2½ to ½"	-2.1 Down
Head thrust (Top to impact)	-½ to ½"	-0.8 Forward
Head sway (Top to Impact)	2 to 4"	1.7 Toward
Hip sway (Top to impact)	-1 to -3"	-2.0 Toward



Body Speeds		
	Corridor	You
Hips	420 to 520 deg/s	385
Shoulders	620 to 710 deg/s	594
Hands	19.7 to 24.0 ft/s	26.5

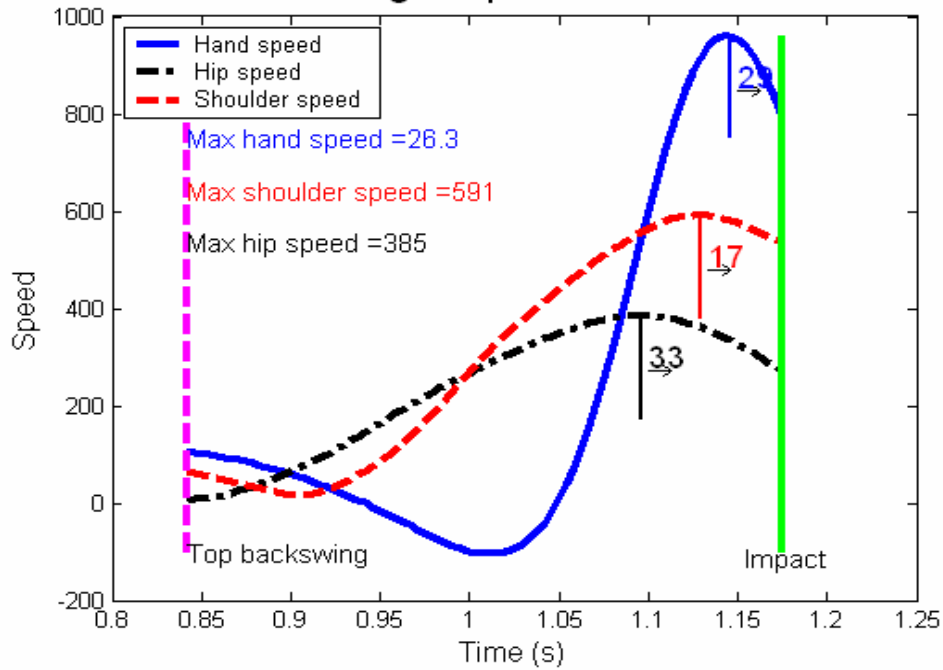
Timing Sequence (order that peak speeds occur in downswing)			
	Hips	Shoulders	Hands
Ideal	1	2	3
5-iron	1	2	3
Driver	0	0	0



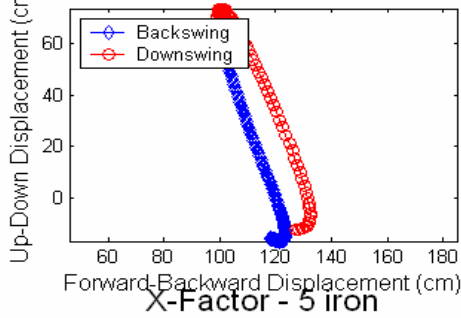
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Dynamics

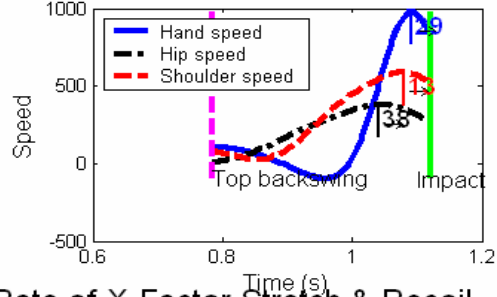
Timing Sequence - 5 iron



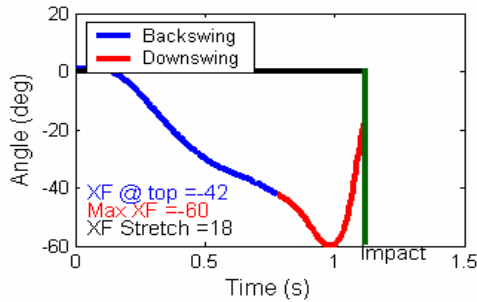
Hand path (down the line) - 5 iron



Timing Sequence - 5 iron



X-Factor - 5 iron



Rate of X-Factor Stretch & Recoil - 5 iron

