



Dr Rob Neal, PhD

3D Golf BioDynamics Swing Analysis

| | | | | | |
|--------------------|-----------|-------------------|--------------|------------------|---|
| First Name: | Steve | Last Name: | Parry | Email: | |
| Date: | 06-Apr-08 | Test type: | Initial test | | |
| Mass: | 76 lbs | Height: | 70 " | Handicap: | 0 |

Summary

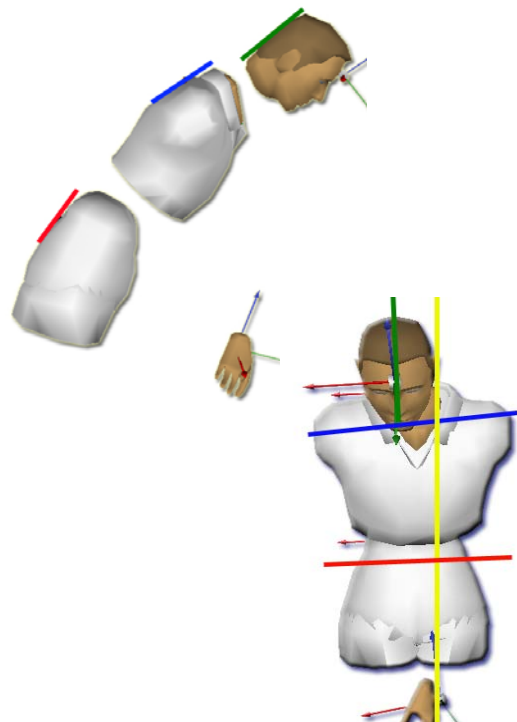
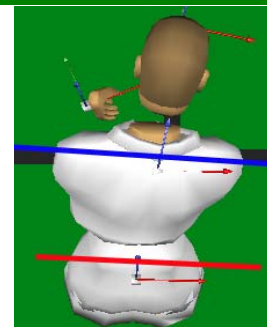
Setup Foundations

| Alignment | | |
|------------------|----------|----------------|
| | Corridor | You |
| Hips | 0 to 8° | 2 Open |
| Shoulders | | 11 Open |

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

| Bending | | |
|------------------|-----------|-------------------|
| | Corridor | You |
| Hips | 12 to 16° | 15 Forward |
| Shoulders | 35 to 45° | 46 Forward |
| Head | 30 to 50° | 63 Forward |

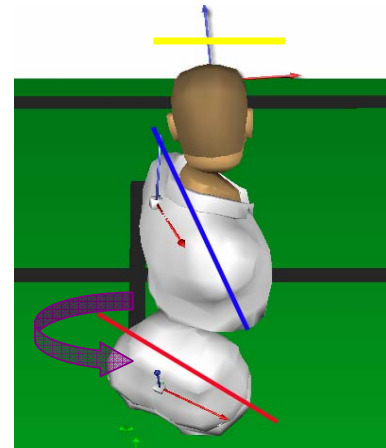
| Tilting | | |
|------------------|----------|----------------|
| | Corridor | |
| Hips | 0 to 3° | -4 Left |
| Shoulders | 7 to 13° | 7 Right |
| Head | 0 to 10° | -5 Left |



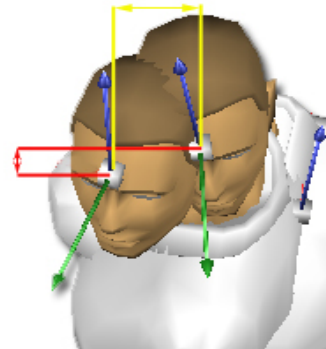
- 1.
- 2.
- 3.

Backswing

| Rotations | | | |
|-------------------------|-------------|------------|--------|
| | Corridor | You | |
| Hip Turn | -35 to -45° | -42 | Closed |
| Shoulder Turn | -85 to -95° | -81 | Closed |
| X-Factor | -40 to -50° | -39 | Closed |
| X-Factor Stretch | -15 to -25° | -26 | Closed |
| Head Turn | -20 to -40° | -11 | Closed |

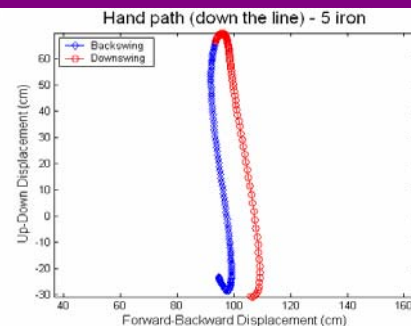
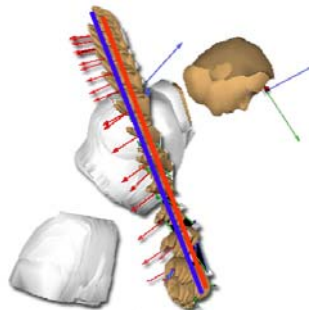


| Stability | | | |
|--|------------|-------------|---------|
| | Corridor | You | |
| Head sway (Address to top) | 3 to 4½" | 1.9 | Away |
| Head lift (Address to top) | -1½ to ½" | -0.3 | Down |
| Head thrust (Address to top) | -½ to ½" | 0.3 | Forward |
| Hip drop (Address to top) | -1½ to ½" | -1.3 | Down |
| Hip sway (Address to top) | -1½ to -3" | -2.2 | Toward |



Ideal Hand Path

Your Hand Path



Blue = backswing Red = downswing



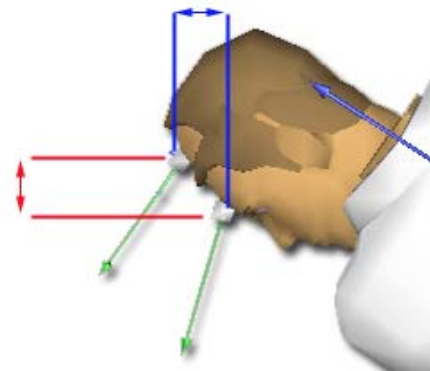
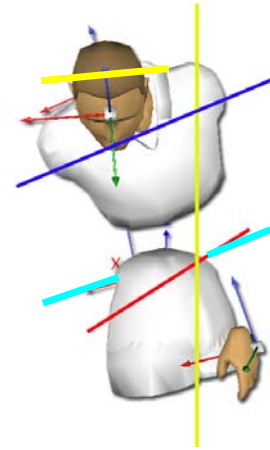
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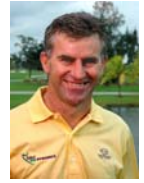
Downswing

| Impact Zone | | | |
|----------------------|-----------|-----------|-------|
| | Corridor | You | |
| Hip Turn | 35 to 45° | 36 | Open |
| Shoulder Turn | 35 to 50° | 16 | Open |
| Head Turn | 10 to 40° | 18 | Open |
| Hip Tilt | 10 to 15° | 7 | Right |

| Spine Angle Control | | | |
|---------------------------------------|-----------|-------------|---------|
| | Corridor | You | |
| Head drop (Top to impact) | -2½ to ½" | 0.7 | Up |
| Head thrust (Top to impact) | -½ to ½" | -1.2 | Forward |
| Head sway (Top to Impact) | 2 to 4" | 1.7 | Toward |
| Hip sway (Top to impact) | -1 to -3" | -3.7 | Away |

| Body Speeds | | | Timing Sequence (order that peak speeds occur in downswing) | | | |
|------------------|-------------------|-------------|--|-----------|----------|---------------|
| | Corridor | You | Hips | Shoulders | Hands | |
| Hips | 430 to 530 deg/s | 431 | 1 | 2 | 3 | Ideal |
| Shoulders | 640 to 730 deg/s | 659 | 1 | 3 | 2 | 5-iron |
| Hands | 25.6 to 32.8 ft/s | 28.0 | 0 | 0 | 0 | Driver |

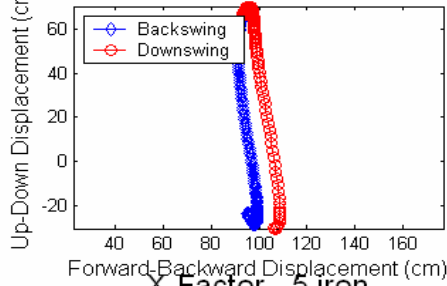




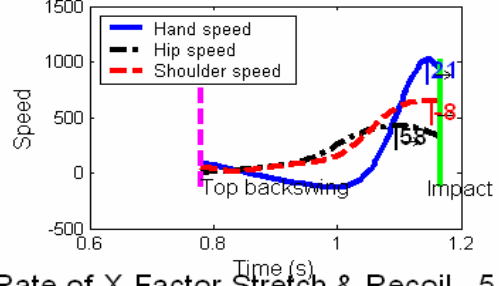
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Dynamics

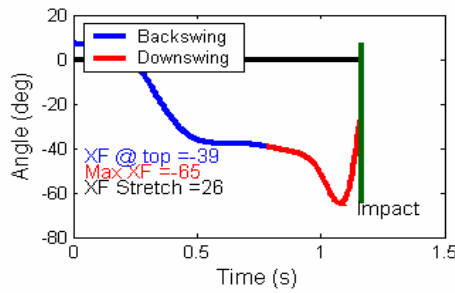
Hand path (down the line) - 5 iron



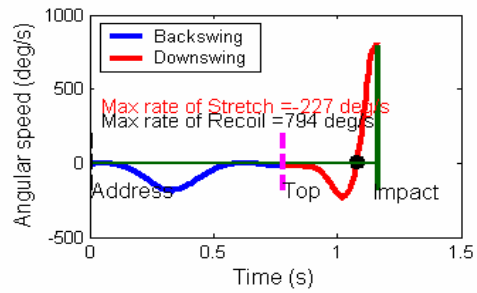
Timing Sequence - 5 iron



X-Factor - 5 iron



Rate of X-Factor Stretch & Recoil - 5 iron



Timing Sequence - 5 iron

