



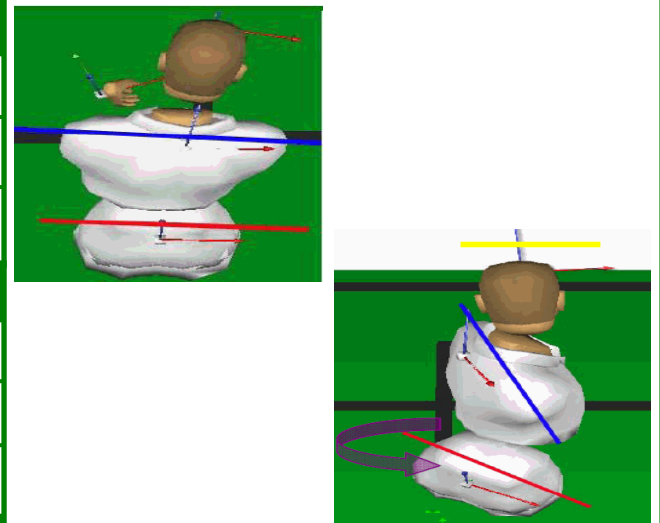
### 3D Golf BioDynamics Swing Analysis

**First Name:** Joe      **Last Name:** Golfer      **Test type:** Initial Test  
**Date:** 1-Sep-2011      **Email:** jg@gmail.com      **Data Date:** 22-Aug-2011  
**Mass:** 184 lbs      **Handicap:** 0      **Height:** 6,1"

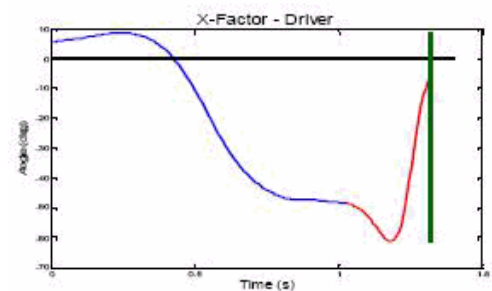
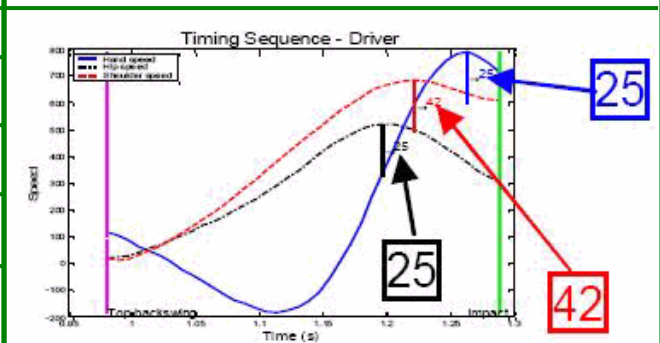
Address Alignment	Corridor	You
<b>Hips Alignment</b>	0 to 8 <sup>0</sup>	<b>13</b> Open
<b>UT Alignment</b>	5 to 12 <sup>0</sup>	<b>20</b> Open
<b>UT Tilt</b>	7 to 13 <sup>0</sup>	<b>11</b> Right

Top of Backswing	Corridor	You
<b>Hips Turn</b>	-37 to -48 <sup>0</sup>	<b>-33</b> Closed
<b>UT Turn</b>	-85 to -98 <sup>0</sup>	<b>-94</b> Closed
<b>X-Factor</b>	-40 to -50 <sup>0</sup>	<b>-61</b> Closed

Timing & Sequence	Corridor	You
<b>Max Hip Speed</b>	>= 430 deg/s	<b>441</b>
<b>Max UT Speed</b>	>= 640 deg/s	<b>765</b>
<b>Max Arm Speed</b>	>= 880 deg/s	<b>943</b>
<b>Max Hand Speed</b>	>= 1400 deg/s	<b>1,472</b>
<b>X-Factor Stretch *</b>	-15 to -25	<b>-11</b>



#### Great Timing Sequence



Green=good      Yellow=be wary      Red=well out of ideal range

\* = the stretch or increase of the X-Factor during the transition between backswing and downswing - (VERY IMPORTANT FOR POWER)

*Helping you achieve maximum power and consistency with minimum injury risk*