

Transition Sequence

1

2

3

Correct Order

1

2

3

Peak Speed Sequence

1

2

3

Correct Order

1

2

3

Peak Speeds
Degrees Per Second

231

422


1776

PGA Tour Ranges

420-510

650-720


1600-1850



Alignment at Address

	PELVIS TURN Edit		UPPER BODY TURN Edit	
	Address		Address	
You	11°	Open	16°	Open
PGA Range	-2° To 6°		7° To 17°	
Summary	Your pelvis and upper body were not within range to the target Your pelvis was "open" compared to the intended range.			


Date:



Posture at Address

	PELVIS BEND Edit		UPPER BODY BEND Edit	
	Address		Address	
You	34°		52°	
PGA Range	12° To 27°		35° To 45°	
Summary	Your posture was not within range at address Your pelvis (lower back) was too "arched" at address. (Potential "S" Posture) Your upper body was bent too "far forward" or "rounded" at address.			


Date:



Pelvis Position at Top

	PELVIS TURN Edit		PELVIS SIDE BEND Edit	
	Top		Top	
You	-35°		-20°	
PGA Range	-46° To -30°		-13° To -4°	
Summary	Your pelvis position was not within range at top Your "trail hip" was too "high" at the top. (Potential "Reverse Pivot")			

Date:



Pelvis and Upper Body Turn


80%

	PELVIS TURN Edit		UPPER BODY TURN Edit	
	Top	Impact	Top	Impact
You	-35°	18°	-59°	29°
PGA Range	-46° To -30°	35° To 50°	-86° To -74°	26° To 34°

Summary

Your pelvis and upper body turns were not within range
Your pelvis was "under rotated" at impact.
Your upper body was potentially "under rotated" at the top.

Date:



Pelvis Movement


40%

	PELVIS BEND Edit			PELVIS SIDE BEND Edit		
	Address	Top	Impact	Address	Top	Impact
You	34°	29°	25°	3°	-20°	11°
PGA Range	12° To 27°	11° To 23°	0° To 9°	-1° To 5°	-13° To -4°	10° To 17°

Summary

Your pelvis bend and side bend were not within range during the swing
Your pelvis (lower back) was too "arched" at address. (Potential "S" Posture)
Your "trail hip" was too "high" at the top. (Potential "Reverse Pivot")

Date:



Upper Body Movement

30%

	UPPER BODY BEND Edit			UPPER BODY SIDE BEND Edit		
	Address	Top	Impact	Address	Top	Impact
You	52°	20°	47°	9°	-48°	23°
PGA Range	35° To 45°	2° To 15°	29° To 42°	11° To 18°	-45° To -39°	24° To 33°

Summary

Your upper body movement was not within range during the swing
Your upper body was bent too "far forward" or "rounded" at address. (Potential "C" Posture)
Your upper body was leaning too "far towards" the target at address.

Date:

