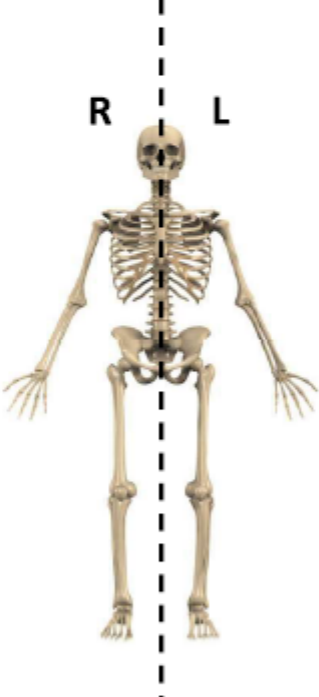


Players data		Mr. Tour Wannabee	
Name	Mr. Tour Wannabee	Date	29/12/2019
Date of Birth	09/11/1998 (Age 21)	Handicap	Professional
Height	1.80 m	Swing Direction	Right handed
Weight	88 kg	Dominant Hand	Right hand
Golf Club	Dreamland Meadows	Fitness	4 times per week

Sports activities:

Athletics, Horse riding, canoeing, Javelin, football

Injuries:



Neck: no issue		Lower back: no issue
Shoulder: no issue		Shoulder: no issue
Elbow: no issue		Elbow: no issue
Wrist: broken		Wrist: no issue
Hip: no issue		Hip: no issue
Knee: ligaments		Knee: no issue
Ankle: no issue		Ankle: no issue

Other issues

Summary**Mr. Tour Wannabee**

Swing Direction  Right handed
Dominant Hand  Right hand

Club selection	Club Speed
6 Iron	85 mph

Kinematic Sequence

Phase	Units	Pelvis	Thorax	Arm	Club
Starting Sequence	You	2	3	1	4
Transition Sequence	Ideal	1	2	3	4
	You	1	2	3	4
Stabilization Sequence	Ideal	1	2	3	4
	You	1	3	2	4

Notes

Fitness Results

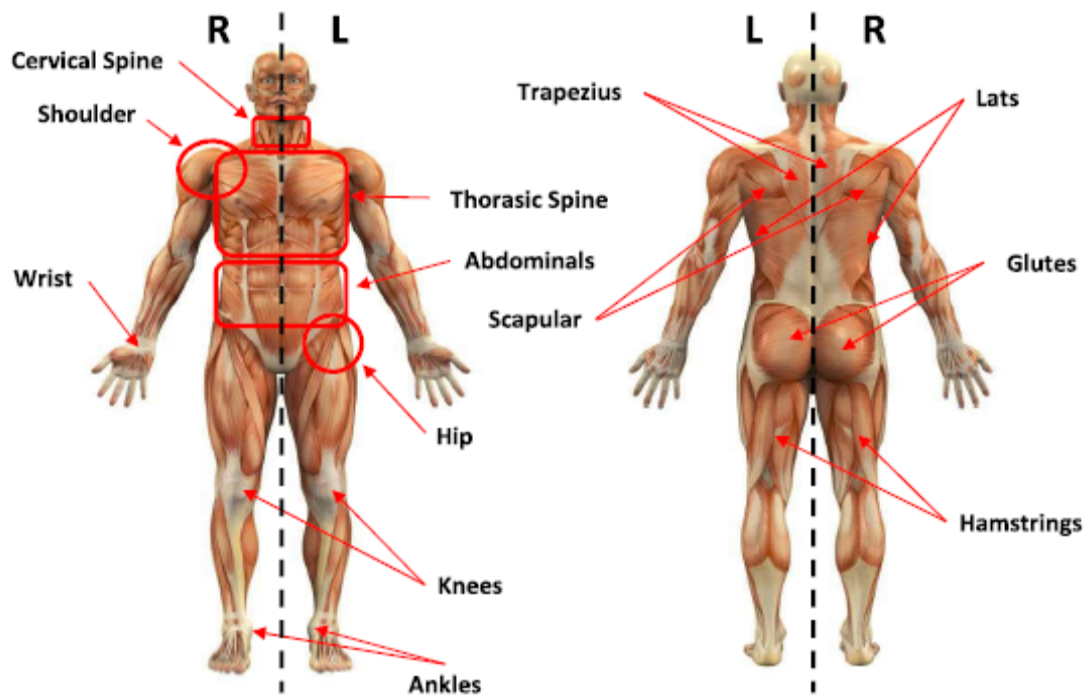
Mr. Tour Wannabee

■ Very good
 ■ Good
 ■ Ok
 ■ Fair
 ■ Not good

Mobility / Flexibility / Stability / Balance

FMS Priority List

Body zone	Category	Results	% of target
Right wrist extension	Mobility	Extension Limited (<60°)	75.0%
Right wrist flexion	Mobility	Flexion Limited (<60°)	83.3%
Right wrist ulnar deviation	Mobility	Ulnar Limited (< 30°)	83.3%
Thoracic mobility turning left	Mobility	< 45°	88.9%
Thoracic mobility turning right	Mobility	< 45°	88.9%
Left Lat Length	Flexibility	120°-180°	91.7%
Right Lat Length	Flexibility	120°-180°	91.7%
Right hip internal mobility	Mobility	< 60°	91.7%
Right hip external mobility	Mobility	< 60°	91.7%
Shoulder Joint mobility	Mobility	Arms forward of footline	92.5%
Hip + Hamstrings	Flexibility	A lot Bilaterally Limited	92.5%
Hip + Hamstrings	Flexibility	A lot Limited Unilaterally - on both legs	92.5%
Left Glute	Stability	Glute Weak	92.5%
Right Glute	Stability	Glute Weak	92.5%
Abdominal muscles	Stability	A Slight Shake & Bake Movement	97.5%



Fitness Results		Mr. Tour Wannabee	
■ Very good	■ Good	■ Ok	■ Fair
■ Not good			
FMS Test Results			
Pelvic Tilt Test		Pelvic Rotation Test	
Starting Pelvic Tilt		Torso Stability	
Amount of Motion		Pelvic Mobility	
Quality of Movement		Coordination	
Neutral Tilt		Good Stability	
Normal Motion		Good Mobility	
A Slight Shake & Bake Movement		Good Rotary Movement	
Torso Rotation Test		90/90 Shoulder rotation Test	
Stability Test		Standing	
Mobility Test		Target value >= 90°	
Good Stability		Left 90°	
Good Mobility		Right 95°	
		Your value	
		Golf Posture	
		Target value >= 90°	
		Left 90°	
		Right 90°	
		Your value	
Overhead Deep Squat		Toe Touch Test	
Standing		Bilateral Toe Touch	
Arms Crossed Full Deep Squat		Unilateral Toe Touch	
Arms forward of footline		A lot Bilaterally Limited	
T-Spine straight		A lot Limited Unilaterally - on both legs	
Strong abdominals			
Hip below knee			
Feet stay square			
Half-Kneeling			
Good Dorsiflexion Bilaterally			
Weight Shift			
A Slight Weight Shift RIGHT			
Lower Quarter Rotation Test		Lat Length Test	
Internal Rotation		Low Back Flat Against Wall	
Target value >= 60°		Target value = 180°	
Left (Through Swing)		Left 165°	
Right (Back Swing)		Right 165°	
Your value			
External Rotation			
Target value >= 60°			
Left (Back Swing)			
Right (Through Swing)			
Your value			
Single Leg Balance Test		Seated Trunk Rotation Test	
Thigh Parallel		Club In Front	
Target value >= 11 seconds		Target value >= 45°	
Left		Left (Through Swing)	
Right		Right (Back Swing)	
Your value		Your value	
it Test seconds		it Test seconds	
Bridge w/ Leg Extension Test		Wrist Screen Tests	
Lying Supine		Flexion / Extension	
Left		Flex >=60°	
Right		Ext >=60°	
Glute Weak		Left 60°	
Glute Weak		Right 50°	
		Radial / Ulnar	
		Left 20°	
		Right 20°	
		Pronation / Supination	
		Pro >=80°	
		Sup >=80°	
		Left 80°	
		Right 80°	
		Your value	
Reach, Roll & Lift Test		Ankle Inversion/Eversion Test	
Prayer Position		Seated	
Left		Left	
Right		Right	
Good Range		Did not Test	
Good Range		Did not Test	
Cervical Rotation Test			
Standing			
Bilateral Normal			

Power Test Results

Mr. Tour Wannabee

Very good

Good

Ok

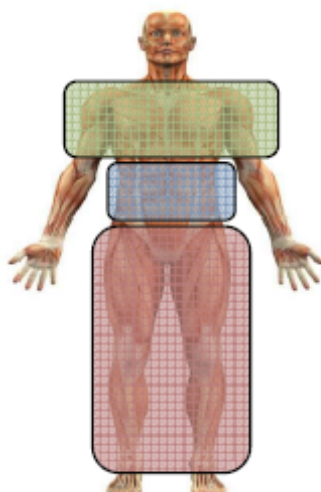
Fair

Not good

Global Power Tests

Medicine ball used

4 kg

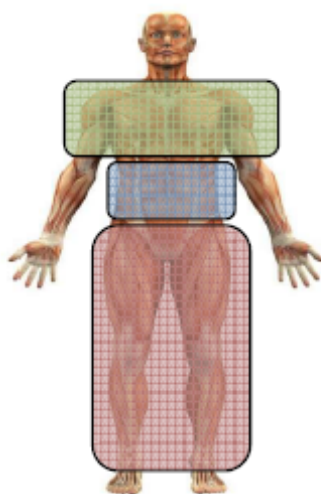


Body Zone	Target Value	Your Value	% of target
Upperbody + Abdominals	7.3 metres	5.0 metres	68.6%
			↕ 21.6%
Lats + Abdominals	7.3 metres	6.6 metres	90.2%
			↕ 3.3%
Legs	61 cm	53.0 cm	86.9%
Baseline Rotation Shot Test			
Swing Direction	Right handed		
Dominant Hand	Right hand		
Same direction as Golf Swing	10.1 metres	0.0 metres	0.0%
			↕ 0.0%
Opposite direction to Golf Swing	10.1 metres	0.0 metres	0.0%

Local Power Tests

Medicine ball used

4 kg



Body Zone	Target Value	Your Value	% of target
Upperbody + Abdominals	7.3 metres	4.6 metres	62.4%
			↕ 19.6%
Lats + Abdominals	7.3 metres	6.0 metres	82.0%
			↕ 4.9%
Legs	61 cm	53.0 cm	86.9%
Baseline Rotation Shot Test			
Swing Direction	Right handed		
Dominant Hand	Right hand		
Same direction as Golf Swing	10.1 metres	0.0 metres	0.0%
			↕ 0.0%
Opposite direction to Golf Swing	10.1 metres	0.0 metres	0.0%

COACH COVENEY

3D Data

Mr. Tour Wannabee

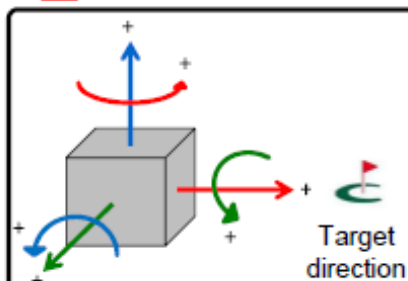
Reference

■ Within the Range

■ Just Outside the Range

■ Outside the Range

■ Well outside the Range



Sway

→ To (+) and Away (-) from the Target

Thrust

↖ Forwards (+) and Backwards (-)

Lift

↑ Up (+) and Down (-)

Rotation

↻ Forwards (+) and Backwards (-)

Bend

↻ Forwards (+) and Backwards (-)

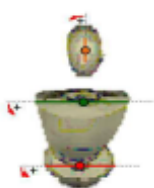
Side Bend

↻ Trail (+) and Lead (-)

ADDRESS

Club selection: **6 Iron**

Alignment



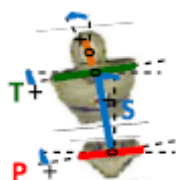
Segment	Range		Avg.	You	Comments
Head	-4.7 °	to 4.7 °	0.0 °	0.7 °	
Thorax	7.0 °	to 16.8 °	11.9 °	6.1 °	
Spine Rotation	8.1 °	to 11.5 °	9.8 °	1.4 °	
Pelvis	-2.5 °	to 6.1 °	1.8 °	4.9 °	

Bend



Segment	Range		Avg.	You	Comments
Head	51.1 °	to 66.7 °	58.9 °	63.1 °	
Thorax	34.8 °	to 45.2 °	40.0 °	44.7 °	
Spine Flexion (T-P)	13.0 °	to 28.0 °	20.5 °	26.3 °	
Spine-Axis-Fwd-Tilt	30.3 °	to 36.7 °	33.5 °	39.1 °	
Pelvis	11.5 °	to 27.3 °	19.4 °	18.5 °	

Side-Bend (Tilt)

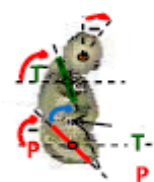


Segment	Range		Avg.	You	Comments
Head	-3.5 °	to 5.3 °	0.9 °	1.2 °	
Thorax	11.5 °	to 17.9 °	14.7 °	11.9 °	
Spine-Axis-Side-Tilt	1.5 °	to 5.5 °	3.5 °	4.0 °	
Shaft	-0.6 °	to -3.6 °	-2.1 °	1.6 °	
Pelvis	-0.6 °	to 4.8 °	2.1 °	2.1 °	

COACH COVENEY

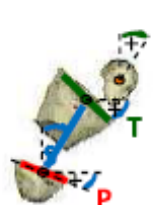
TOP OF BACKSWING

Rotation



Segment	Range		Avg.	You	Comments
Head	-15.7 °	to -0.9 °	-8.3 °	-7.6 °	
Thorax	-86.2 °	to -73.8 °	-79.9 °	-81.9 °	
X-Factor	-53.4 °	to -38.8 °	-46.1 °	-43.1 °	
Pelvis	-46.0 °	to -29.6 °	-37.8 °	-40.6 °	

Bend



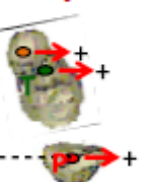
Segment	Range		Avg.	You	Comments
Head	46.7 °	to 63.1 °	54.9 °	54.7 °	
Thorax	-45.4 °	to -39.2 °	-42.3 °	-42.6 °	
Spine Flexion (T/P)	-16.3 °	to 0.9 °	-7.7 °	-5.3 °	
Spine-Axis-Fwd-Tilt	32.4 °	to 39.2 °	35.8 °	35.2 °	
Pelvis	10.5 °	to 22.9 °	16.7 °	11.3 °	

Side-Bend (Tilt)



Segment	Range		Avg.	You	Comments
Head	-12.3 °	to -2.3 °	-7.3 °	-4.7 °	
Thorax	2.5 °	to 15.3 °	8.9 °	6.0 °	
Spine-Axis-Side-Tilt	0.4 °	to 10.0 °	5.2 °	5.1 °	
Pelvis	-13.1 °	to -3.9 °	-8.5 °	-14.5 °	

Sway



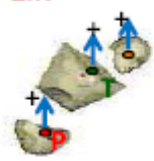
Segment	Range		Avg.	You	Comments
Head	-5.6 cm	to 0.5 cm	-2.5 cm	-2.6 cm	
Thorax	-1.3 cm	to 2.3 cm	0.5 cm	2.7 cm	
Pelvis	-1.0 cm	to 4.6 cm	1.8 cm	3.7 cm	

Thrust



Segment	Range		Avg.	You	Comments
Head	0.3 cm	to 4.8 cm	2.5 cm	0.8 cm	
Thorax	1.0 cm	to 5.6 cm	3.3 cm	0.7 cm	
Pelvis	0.3 cm	to 2.8 cm	1.5 cm	3.6 cm	Early Extension

Lift



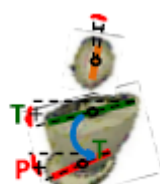
Segment	Range		Avg.	You	Comments
Head	-4.8 cm	to -0.3 cm	-2.5 cm	-1.2 cm	
Thorax	-5.3 cm	to 0.3 cm	-2.5 cm	-1.2 cm	
Pelvis	-3.0 cm	to 0.0 cm	-1.5 cm	-3.4 cm	

3D Data

Mr. Tour Wannabee

IMPACT

Rotation



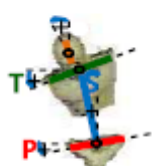
Segment	Range		Avg.	You	Comments
Head	0.3 °	to 14.1 °	7.2 °	0.7 °	
Thorax	26.3 °	to 33.9 °	30.1 °	20.4 °	
Spine rotation	-19.5 °	to -3.7 °	-11.6 °	-18.4 °	
Pelvis	34.6 °	to 49.6 °	42.1 °	33.9 °	

Bend



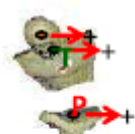
Segment	Range		Avg.	You	Comments
Head	53.4 °	to 75.2 °	64.3 °	65.9 °	
Thorax	29.5 °	to 42.1 °	35.8 °	36.8 °	
Spine Flexion (T P)	24.5 °	to 38.3 °	31.4 °	36.4 °	
Spine-Axis-Fwd-Tilt	29.0 °	to 37.6 °	33.3 °	32.7 °	
Pelvis	0.2 °	to 8.8 °	4.5 °	0.4 °	

Side-Bend (Tilt)



Segment	Range		Avg.	You	Comments
Head	3.3 °	to 12.9 °	8.1 °	4.6 °	
Thorax	24.5 °	to 33.3 °	28.9 °	28.2 °	
Spine-Axis-Side-Tilt	9.4 °	to 18.0 °	13.7 °	15.9 °	
Pelvis	9.6 °	to 17.0 °	13.3 °	16.3 °	

Sway



Segment	Range		Avg.	You	Comments
Head	-1.5 cm	to 7.6 cm	3.0 cm	0.5 cm	
Thorax	0.5 cm	to 7.6 cm	4.1 cm	4.7 cm	
Pelvis	9.7 cm	to 13.2 cm	11.4 cm	13.6 cm	Slide

Thrust



Segment	Range		Avg.	You	Comments
Head	-3.6 cm	to 1.5 cm	-1.0 cm	-0.5 cm	
Thorax	-3.8 cm	to 0.8 cm	-1.5 cm	-1.7 cm	
Pelvis	-2.5 cm	to 3.0 cm	0.3 cm	5.1 cm	Early Extension

Lift



Segment	Range		Avg.	You	Comments
Head	-10.2 cm	to -6.1 cm	-8.1 cm	-3.6 cm	
Thorax	-3.6 cm	to 0.0 cm	-1.8 cm	2.8 cm	
Pelvis	-1.3 cm	to 1.8 cm	0.3 cm	2.6 cm	

Spine Stability

Spine-Axis-Fwd-Tilt

Address



Top of Backswing



Impact



Range	You
30.3 ° to 36.7 °	39.1 °

Range	You
32.4 ° to 39.2 °	35.2 °

Range	You
29.0 ° to 37.6 °	32.7 °

Spine-Axis-Fwd-Tilt angle change

Swing phase	Tour Average	Ihr Wert
Back Swing	2.3 °	-3.9 °
Down Swing	-2.5 °	-2.5 °
Address to Impact	-0.2 °	-6.4 °

Spine-Axis-Side-Tilt

Address



Top of Backswing



Impact



Range	You
1.5 ° to 5.5 °	4.0 °

Range	You
0.4 ° to 10.0 °	5.1 °

Range	You
9.4 ° to 18.0 °	15.9 °

Spine-Axis-Side-Tilt angle change

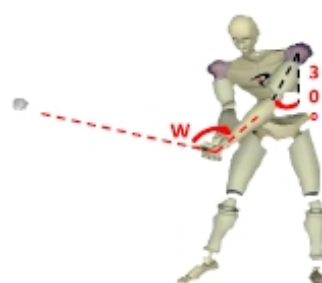
Swing phase	Tour Average	Ihr Wert
Back Swing	1.7 °	1.0 °
Down Swing	8.5 °	10.9 °
Address to Impact	10.2 °	11.9 °

Shaft Lean



Range	You
-14.9 ° to -22.3 °	-15.4 °

Wrist Angle



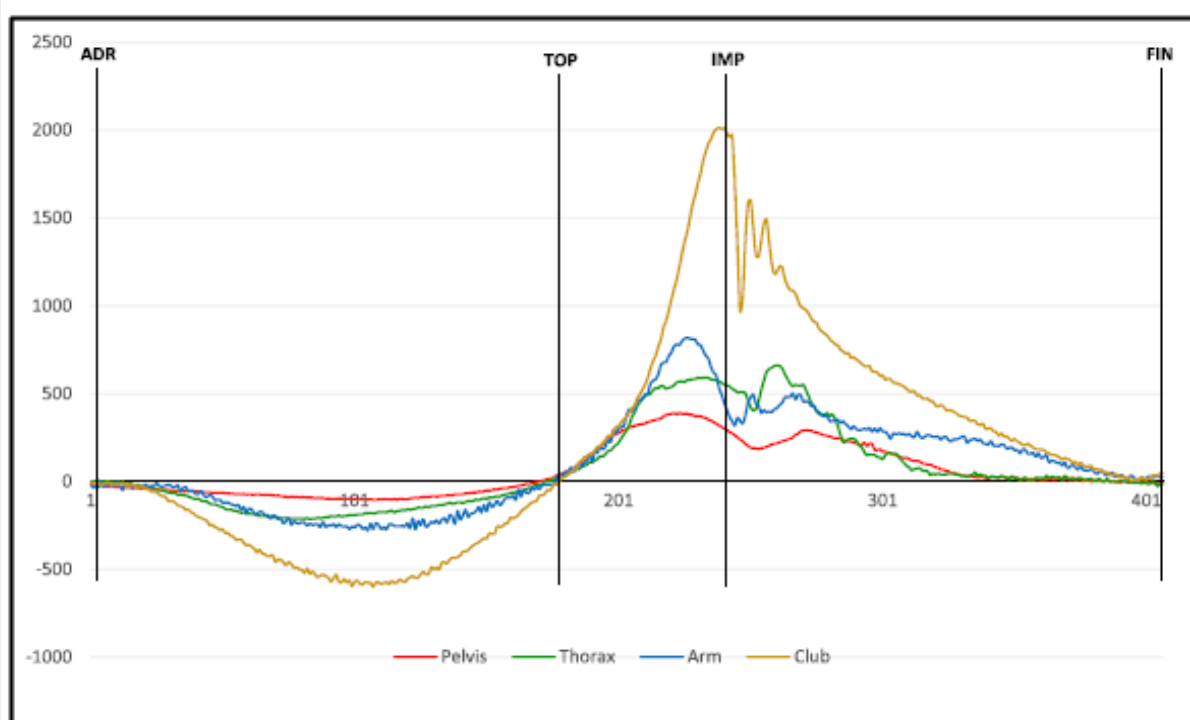
Range	You
99.0 ° to 116.0 °	105.0 °

Lead Elbow



Range	You
154.4 ° to 167.4 °	159.8 °

Results			S-Posture	C-Posture	Loss of Posture	Flat Shoulder Plane	Sway	Reverse Spine Angle	Over the top	Casting / Early Release / Scooping	Hanging back	Early Extension	Slide	Chicken wing
	2	No	No	No	No	No	No	No	No	No	No	?	?	No
Pelvic Tilt Test	?	2										?	?	
Pelvic Rotation Test														
Torso Rotation Test														
Overhead Deep Squat	?	2										?	?	
Toe Touch Test	?	1											?	
90/90 Shoulder rotation Test														
Single Leg Balance Test														
Lat Length Test	?	1										?		
Lower Quarter Rotation Test	?	2										?	?	
Wrist Screen Tests	?	1										?		
Seated Trunk Rotation Test	?	2										?	?	
Ankle Inversion/Eversion Test														
Bridge w/ Leg Extension Test	?	2										?	?	
Leg Lowering Test														
Reach, Roll & Lift Test														
Cervical Rotation Test														

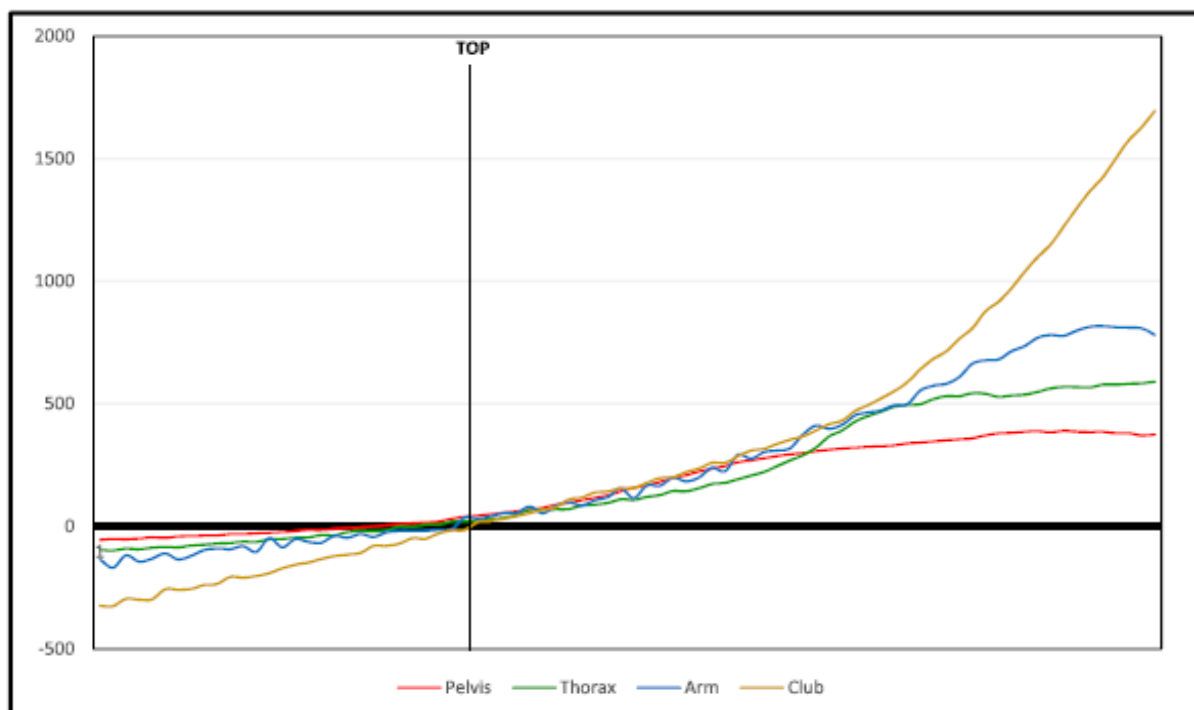


Parameters	Units	Backswing			Downswing			Throughswing		
		You	Range		You	Range		You	Range	
Tempo	ms	688	627	851	271	224	289	633	676	879

Phase	Units	Pelvis	Thorax	Arm	Club
Starting Sequence	You	2	3	1	4
Transition Sequence	Ideal	1	2	3	4
	You	1	2	3	4
Stabilization Sequence	Ideal	1	2	3	4
	You	1	3	2	4

Downswing Sequence

Parameters	Pelvis			Thorax			Arm			Club		
	You	Range		You	Range		You	Range		You	Range	
Peak to Impact (ms)	79	68	95	38	56	81	67	55	74	17	0	2
Acceleration (d/s/s)	1735	1998	2724	2641	3120	4282	3924	4146	6259	7922	8168	10320
Peak Speed (d/s)	390	460	555	660	710	781	817	880	1047	2014	2295	2581
% of Max	19 %	18	22	33 %	28	32	41 %	35	43	100 %	100	100
Speed Gain (d/s)				270	197	278	157	160	276	1196	1307	1840
Gain Factor (Ratio)				1.7	1.4	1.6	1.2	1.2	1.4	2.5	2.2	2.8



Transition Parameters

Phase	Pelvis			Thorax			Arm			Club		
Transition Order	1			2			3			4		
	You	Range		You	Range		You	Range		You	Range	
Transition to Top (ms)	33	-7 71		17	-15 32		4	-20 15		0	-11 58	
Transition to Peak (m/s)	225	191 246		250	177 238		208	171 231		254	243 292	
Transition to Impact (m/s)	304	278 323		288	252 301		275	242 290		271	244 293	

Segmental Interactions

Time between Transitions	Pelvis-Thorax			Thorax-Arm			Arm-Club		
	You	Range		You	Range		You	Range	
ms	17	-11 58		13	-5.0 27.0		4	-20.0 15.0	

Contribution by Joint - Downswing

Parameters	Legs			Core			Shoulder			Wrist		
	You	Range		You	Range		You	Range		You	Range	
% Contribution	19 %	18 22		13 %	7 11		8 %	6 11		59 %	56 64	

Summary						
	Backswing		Downswing		Total	
	You	Range	You	Range	You	Range
Spine	0°	0° 4°	3°	-2° 6°	3°	-2° 10°
Shoulder	0°	0° 2°	0°	0° 3°	0°	0° 5°
Wrist	0°	0° 0°	0°	-2° 6°	0°	-2° 6°
Total	1°	0° 6°	3°	-4° 15°	4°	-4° 21°

Spine**Total Spine Rotations (degrees)**

When the Pelvis Transitions	43°	}	0°	Backswing loading
When the Thorax Transitions	43°		3°	Downswing loading
At Maximum	46°			
Total Spine loading			3°	

Shoulder**Total Shoulder Angle (degrees)**

When the Thorax Transitions	51°	}	0°	Backswing loading
When the Arm Transitions	51°		0°	Downswing loading
At Minimum Angle	51°			
Total Shoulder loading			0°	

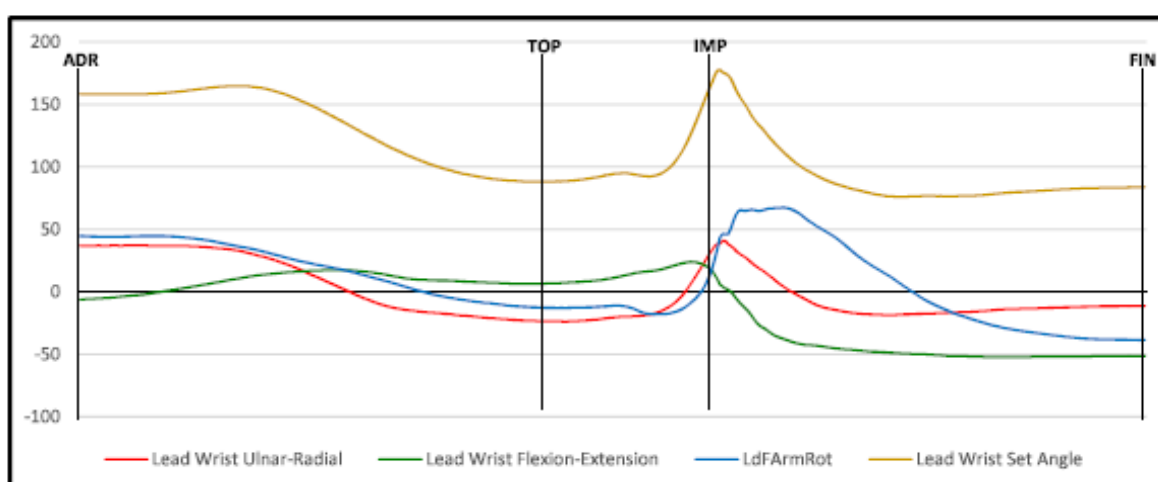
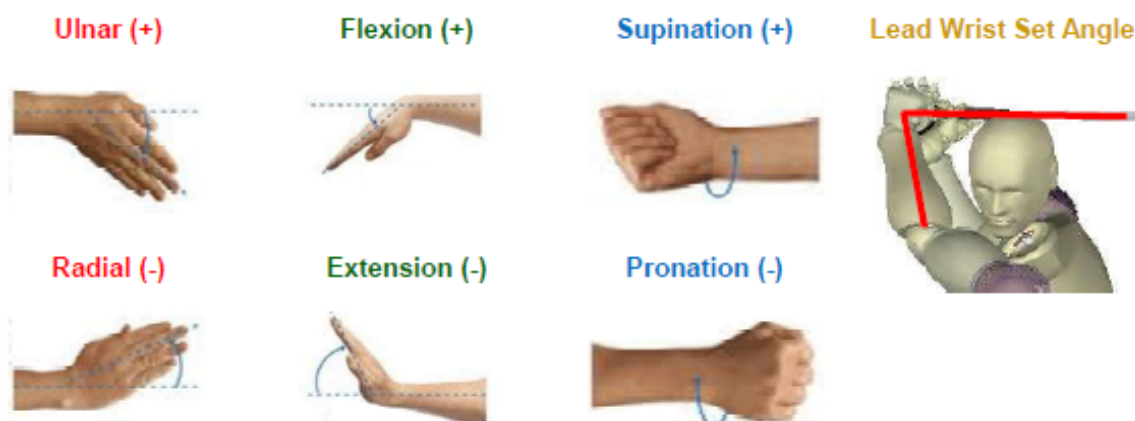
Wrist**Wrist Set Angles (degrees)**

When the Arm Transitions	88°	}	0°	Backswing loading
When the Club Transitions	88°		0°	Downswing loading
At Maximum Set	88°			
Total Wrist loading			0°	
At Arm 30deg Pre-Impact			105°	

Range	
99°	to 116°

Lead Wrist Angles

Mr. Tour Wannabee



	ADR	HB	TOP	HD	IMP	HF	FIN
Lead Wrist Uln(+)/Rad(-)	37.0 °	13.0 °	-23.4 °	6.8 °	36.4 °	17.3 °	-11.5 °
Range	36.0 48.6	14.5 37.1	-14.2 10.0	5.2 25.2	32.6 49.4	17.2 37.0	0.8 22.4
Lead Wrist Flex(+)/Ext(-)	-4.6 °	16.9 °	6.7 °	24.0 °	13.8 °	-28.3 °	-51.6 °
Range	-37.5 -11.9	-22.1 2.3	-26.8 -4.2	-5.0 12.8	-7.3 13.7	-32.7 -19.9	-64.5 -42.9
Lead F.Arm Sup(+)/Pro(-)	44.1 °	22.3 °	-12.8 °	-8.6 °	26.1 °	65.1 °	-38.2 °
Range	17.5 53.9	-8.8 20.6	-37.4 -1.8	-26.2 6.4	7.3 45.7	63.5 100.3	-45.4 -11.8
Lead Wrist Set Angle	158.3 °	148.3 °	88.1 °	126.9 °	173.0 °	130.8 °	83.3 °
Range	144.0 156.8	135.8 154.0	87.2 111.6	116.8 132.2	153.6 167.0	122.8 138.8	84.6 110.2

COACH COVENEY

Spine Angles

Mr. Tour Wannabee

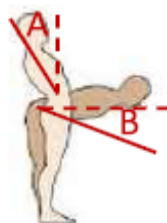
Spine Rotation



Turning to the right is negative (-)

Turning to the left is positive (+)

Spine Bend



A = Thorax Bend

B = Pelvis Bend

A-B >0 Positive (+)

A-B <0 Negative (-)

Spine-Axis-Fwd-Tilt

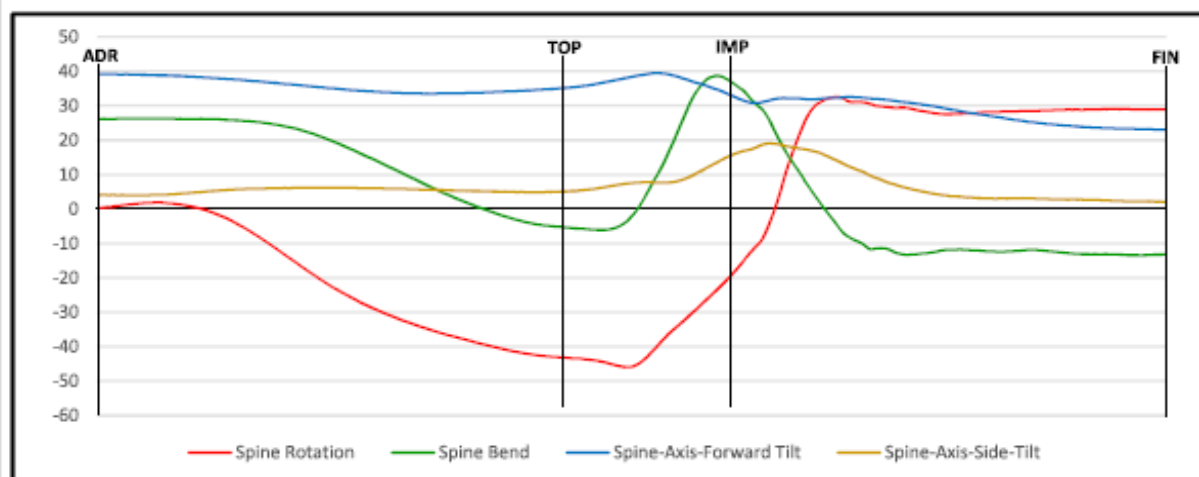


Spine-Axis-Side-Tilt

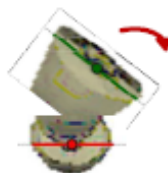


Tilting to the right is positive (+)

Tilting to the left is negative (-)

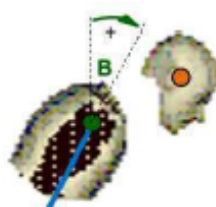
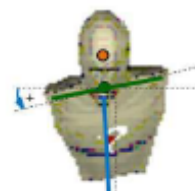


	ADR	HB	TOP	HD	IMP	HF	FIN
Spine Rotation Open(+) Closed(-)	1.4 °	-22.6 °	-43.1 °	-25.3 °	-18.4 °	5.9 °	29.0 °
Range	8.1 11.5	-22.5 -12.7	-53.4 -38.8	-27.9 -10.9	-19.5 -3.7	-3.4 17.8	31.9 50.1
Spine Bend Flx(+) Ext(-)	26.3 °	19.8 °	-5.3 °	38.2 °	36.4 °	19.0 °	-13.4 °
Range	13.0 28.0	11.5 24.5	-16.3 0.9	30.8 43.6	24.5 38.3	1.5 14.9	-38.1 -26.5
Spine-Axis-Fwd-Tilt Fwd(+) Bkd(-)	39.1 °	35.1 °	35.2 °	35.4 °	32.7 °	32.2 °	23.3 °
Range	30.3 36.7	30.5 37.1	32.4 39.2	30.8 39.0	29.0 37.6	27.6 37.4	14.4 21.6
Spine-Axis-Side-Tilt Trail(+) Lead(-)	4.0 °	6.2 °	5.1 °	12.5 °	15.9 °	18.6 °	2.3 °
Range	1.5 5.5	1.0 8.8	0.4 10.0	6.0 15.0	9.4 18.0	12.8 24.0	-0.8 12.4

Thorax Rotation


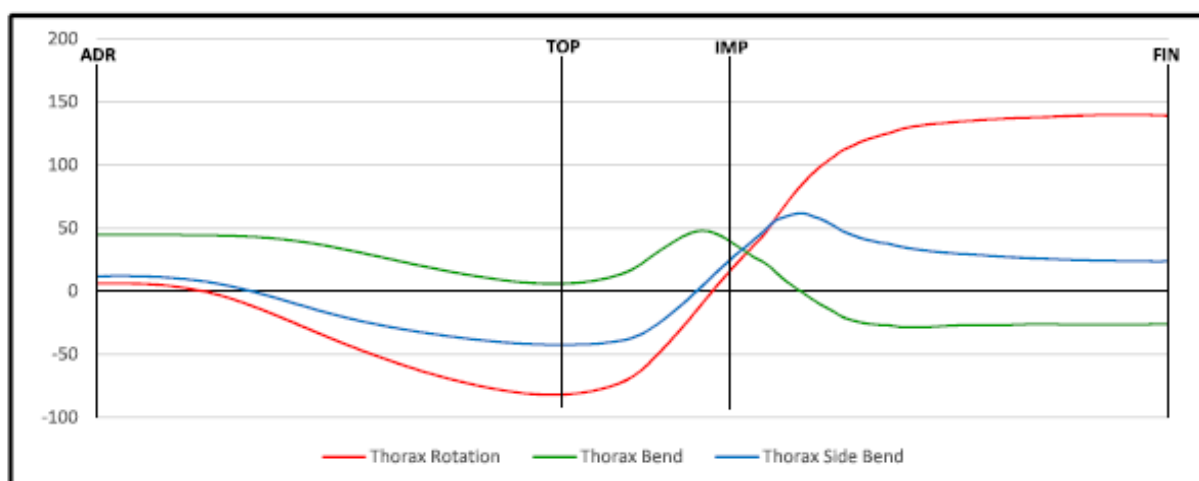
Turning to the right is
negative (-)

Turning to the left is
positive (+)

Thorax Bend

Thorax Side Bend


Tilting to the right is
positive (+)

Tilting to the left is
negative (-)



	ADR	HB	TOP	HD	IMP	HF	FIN
Thorax Rotation Open(+) Closed(-)	6.1 °	-37.8 °	-81.9 °	-1.0 °	20.4 °	65.1 °	139.6 °
Range	7.0 16.8	-37.1 -27.7	-86.2 -73.6	3.4 14.4	26.3 33.9	62.8 77.0	141.1 161.5
Thorax Bend Flx(+) Ext(-)	44.7 °	35.1 °	6.0 °	46.8 °	36.8 °	10.3 °	-26.4 °
Range	34.8 45.2	30.4 43.4	2.5 15.3	40.3 53.7	29.5 42.1	2.0 11.4	30.9 -21.9
Thorax Side Bend Trail(+) Lead(-)	11.9 °	-18.3 °	-42.6 °	11.0 °	28.2 °	58.2 °	23.8 °
Range	11.5 17.9	-20.2 -13.0	-45.4 -39.2	8.7 18.9	24.5 33.3	45.2 57.1	0.7 15.9