

**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 <a href="#">Edit</a>		UPPER BODY TURN <a href="#">Edit</a>	
	Address		Address	
You	<b>11°</b>	<b>Open</b>	<b>16°</b>	<b>Open</b>
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 <a href="#">Edit</a>		UPPER BODY BEND <a href="#">Edit</a>	
	Address		Address	
You	<b>34°</b>		<b>52°</b>	
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 <a href="#">Edit</a>		PELVIS SIDE BEND <a href="#">Edit</a>	
	Top		Top	
You	<b>-35°</b>		<b>-20°</b>	
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 <a href="#">Edit</a>		UPPER BODY TURN <a href="#">Edit</a>	
	Top	Impact	Top	Impact
You	<b>-35°</b>	<b>18°</b>	<b>-59°</b>	<b>29°</b>
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 <a href="#">Edit</a>			PELVIS SIDE BEND <a href="#">Edit</a>		
	Address	Top	Impact	Address	Top	Impact
You	<b>34°</b>	<b>29°</b>	<b>25°</b>	<b>3°</b>	<b>-20°</b>	<b>11°</b>
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 <a href="#">Edit</a>			UPPER BODY SIDE BEND <a href="#">Edit</a>		
	Address	Top	Impact	Address	Top	Impact
You	<b>52°</b>	<b>20°</b>	<b>47°</b>	<b>9°</b>	<b>-48°</b>	<b>23°</b>
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:

