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The One Pager

Proactive Care

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Handy On-Course
Golf Tips

The One Pager

Longevity
and Efficiency

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to your Coach's
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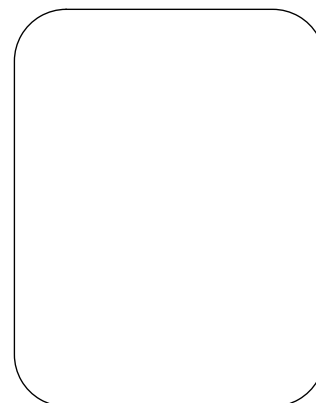
Your Swing
Analysis

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PERFORMANCE OVERVIEW

Hi Bernhard, thank you for trusting our **Best Golf Analyze** method.



THREE PERSPECTIVES GUIDE YOUR ANALYSIS:



MOVEMENT REALITY (AI)

What your body is actually doing.



HUMAN INTERPRETATION (COACH)

What it means for your swing.



SUSTAINABLE LEARNING (LONGEVITY)

What keeps you improving for the long run.

From your videos and feedback, one primary performance limitation becomes clear:



You are generating clean contact at times, but losing distance because your energy is not flowing through the swing as easily as it could.



Additionally, your recurring joint discomfort suggests your current swing is asking more from your body than necessary.

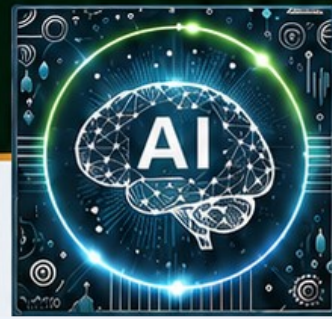


Our goal is not to build a stronger swing, but a more efficient one.



BELOW YOU WILL FIND:

- ✓ **AI-supported** movement analysis
- ✓ **Professional interpretation** aligned with your physical profile
- ✓ Together, they **identify** what still works for your body and what now **needs adjustment**.



Primary Limitation

Insufficient pelvic rotation during transition



Your hips stop rotating early in the transition.

1 PELVIS STOPS ROTATING

Early deceleration of the hips limits your ability to open and transfer energy.

2 ARMS TAKE OVER

Without lower body lead, the arms and hands become too active to compensate.

3 ENERGY LOST

Reduced weight transfer, less compression and inconsistent strike quality.



This is not a strength issue.
It is a **sequencing** issue.



KEY TO IMPROVEMENT: Allow your hips to begin the downswing before your arms engage.





Secondary Limitation

Incomplete wrist hinge reduces stored energy



Quick Tip

Make sure there's a 90° angle between your arm and the Club shaft!

The wrist acts as an amplifier, not a power source, storing energy and releasing it at impact. Without this mechanism, clubhead speed drops drastically.

*Clubhead speed decreases
Body compensates through upper rotation
Swing becomes effort-based rather than flow-based*

Observed effect:

- ➔ **The result is a loss of leverage and reduced compression.** This is often compensated for by other parts of the body.
- ➔ **Often through excessive upper body rotation:** players try to generate power from an overly strong or incorrect body twist, which further impairs precision.
- ➔ **The result is a feeling of stiffness:** the swing feels wooden and mechanical instead of fluid and athletic.
- ➔ **The L-position is frequently missing.**



COACH INTERPRETATION

What I see. What it means for you.

Hi Bernhard, the image below show a key factor that is currently limiting your distance. Your hips **are not rotating enough** during the swing.

3 Image 3 (Setup/Backswing):

You start a solid, athletic posture. However, your backswing already shows that hip rotation is limited. When the hips do not rotate sufficiently, they tend to shift laterally during the downswing instead of rotating around a stable central axis. This prevents proper energy transfer.

4 Image 4 (Downswing/Impact):

The red line illustrates your hip position. Instead of 'opening' towards the target and completing the rotation, your hips are shifting rather than rotating - or moving forward without rotation. The drawing below shows the difference.



My tip for you: During the downswing, first move your hips slightly to the left, and only then begin the rotation consciously to release energy efficiently. Since our bodies have a natural tendency and don't like being told what to do, it helps to internalize this: **let the hips shift slightly before they begin to open.** Your body is protecting itself – but at the cost of efficiency. Let's work on changing that pattern together.



COACH INTERPRETATION

What I see. What it means for you.

Consistency is not achieved through force – it's efficiency

A solid swing is straightforward; the challenge is consistent execution. Many variables come into play: your mental state, fatigue, elements, or even the anticipation of a cold beer or wine.

It's less about chasing past benchmarks and more about defining what you want to achieve today.



**REDUCE
TO THE
MAX**



KEY TAKEAWAYS



Efficiency
over force.



Focus on clean
contact and sound.



Let your body find
its natural path.



The Drill: Listen for the Strike

On the driving range, identify the swings that produce the cleanest contact. You'll hear that distinct 'click'. Your mission for the next four weeks is to replicate that impact, regardless of distance or direction. Let your attention rest on the moment of contact.

By doing this, you allow your body to calibrate naturally – and subconsciously – to its optimal swing path. **You are working with your biomechanics, not against them.**





COACH INTERPRETATION

What I see. What it means for you.

KEY TAKEAWAYS



Trust the feeling,
not the force.



Pause to reinforce,
don't push through.

This adjustment phase, Bernd, is not about changing your swing entirely, it is about allowing your body to move with less resistance.

Every time you find that pure strike – you'll recognize it by the sound – gently return to that motion. Do it with or without a ball, **focusing purely on the sensation.**

Your muscle memory has already logged the movement; this is your window to reinforce it. Pause when the rhythm fades.

Take a breather.

Forcing a swing often leads to poor mechanics and, more importantly, physical strain.

We need to respect the body's natural limits. While we usually joke about 'oiling the joints' at the 19th hole, real recovery and structural health are long-term processes. Over-training a fatigued joint is counterproductive and can lead to lasting issues.

The Objective: For the next month, dedicate your range sessions to this 'feel-based' repetition. Don't worry about distance or the target; **focus solely on the quality of impact.**

We are not building a new swing, we are refining the one your body can sustain.



REDUCE TO THE MAX

YOUR NEXT STEP



**FOCUS ON THE
MOST IMPORTANT CAUSE.**



**AVOID MULTIPLE SWING
CHANGES AT THE SAME TIME.**



**ALLOW YOUR BODY
TIME TO ADAPT.**



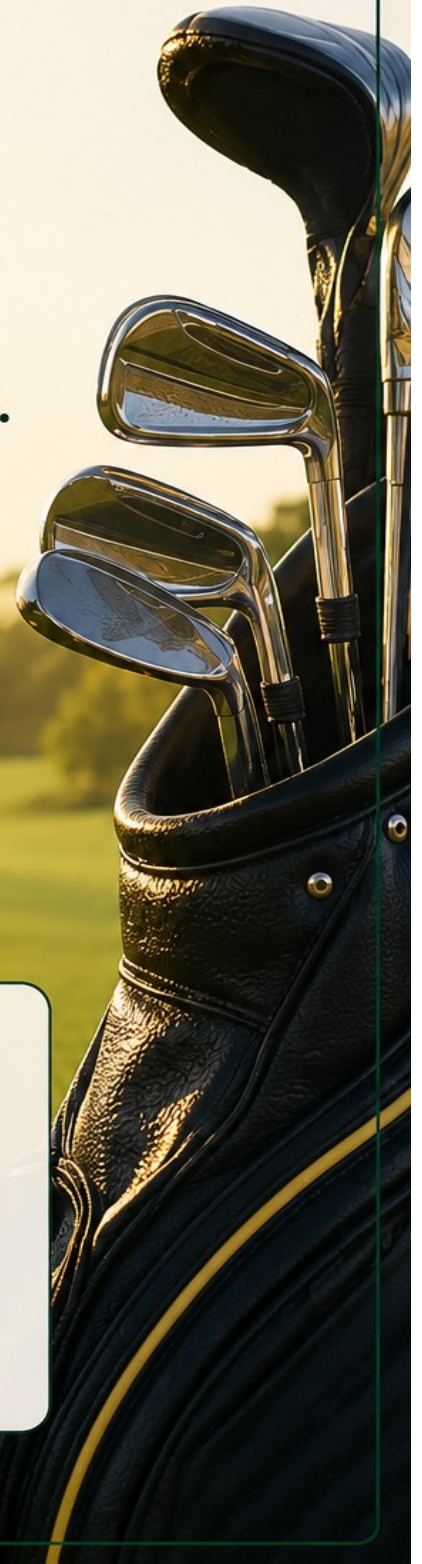
**MEASURE PROGRESS
BY RESULTS,
NOT APPEARANCE.**



**ADDITIONAL RESOURCES
FROM YOUR PROFESSIONAL**

VIDEOS • LESSONS • BOOKING

VISIT YOUR PROFESSIONAL





Longevity

Anyone who starts playing golf after the age of 50 quickly discovers that the term “longevity” is far more than just a buzzword. It’s a lifestyle that combines athletic ambition with pure quality of life.



Health & Fitness

Golf offers the unique opportunity to improve one’s health almost incidentally. Instead of struggling in the gym, time spent on the expansive courses can be used to strengthen bone density and cardiovascular fitness. This is particularly crucial not only for women in this stage of life.



Mental Resilience & Well-being

It’s also possible to develop a completely new level of mental resilience through the sport. Focusing on the present moment acts like a shield against the stresses of everyday life. Furthermore, loneliness can be actively prevented: The club culture offers wonderful opportunities to grow old in a community of like-minded individuals who share the same active lifestyle.



Senior Status

It’s possible to enter directly into an age group that is particularly encouraged. Tournaments and competitions are often specifically tailored to this group, allowing you to compete against golfers with similar physical attributes.



Sustainable Technique

It’s advisable to focus on a joint-friendly technique instead of aiming for maximum distance, the focus can be on rhythm and efficiency. This ensures that the body isn’t overtaxed and that the sport can be enjoyed for decades.

“ Longevity in golf is not just about adding years to your life, but about adding life to your years. ”





Longevity

What should be avoided

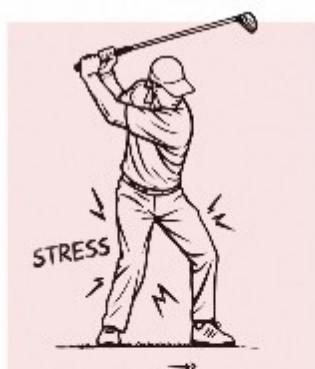
It's important to understand that golf is not a sprint. What you shouldn't do is overexert your body at the beginning or compare yourself to professionals who have been

playing since childhood.

The key to longevity lies in consistency, not short-term peak performance. It's about seeing golf as a tool to fully enjoy life in your country – healthy, connected, and always on the move.

Long-lasting golf swing

Full power for strength



Pressure on knees, back

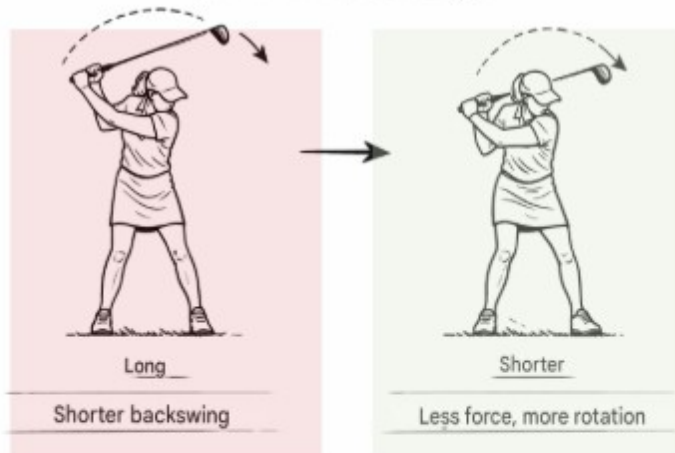
Rotation for longevity



Gentle on knees, back

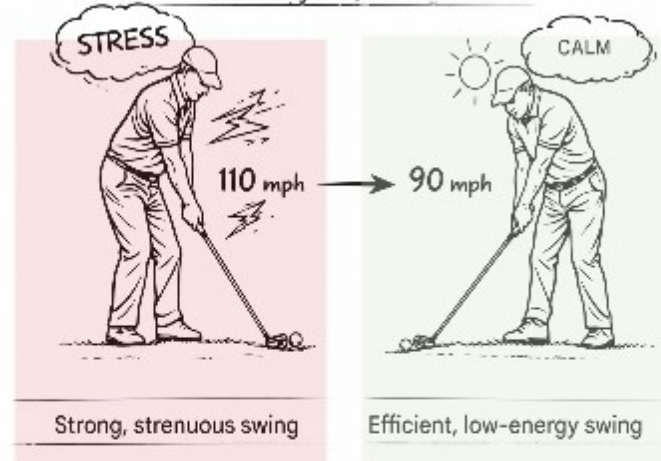
Long-lasting golf swing

With a shorter backswing



Long-lasting golf swing

Same rhythm, less effort



Longevity in Golf

We are not building a new swing, we are refining the one our body can sustain.



Prevention and relief

Golfer's Elbow

- Thorough warm-up and stretching of the hand and arm muscles
- Strengthening of the hand flexors and extensors
- Preventative stabilization with active bandages
- Ice massages or heat treatment (alternating)
- Pain relief and healing support with active bandages

Lumbar Back Pain

- Warm-up, stretching exercises to maintain mobility of the lumbar spine
- Strengthening and coordination exercises for the lumbar, back, and abdominal muscles
- Improved posture and swing technique
- Support of the lumbar spine with active bandages

Foot Pain

- Foot pressure measurement to detect misalignments, possibly orthopedic sports insoles
 - Heel spur insoles and heel cushions
 - Foot bandages for Achilles tendon problems, ankle sprains, or sprains
 - Wear sufficiently large and stable shoes
 - Regular stretching and strengthening of the ankle tendons and tendons
- Foot muscles

Knee pain

- Stabilization and activation with active knee supports
- Pedography (foot pressure measurement) to detect foot misalignments, sports insoles
- Targeted muscle building training



Compensatory training

- Hip pain

Modification of the swing to reduce stress on the hip, targeted strengthening and stretching of muscles and ligaments through balancing training. Correction of poor posture.

- Fitness and exercise balls

serve to strengthen muscles, improve coordination, and promote relaxation – both in therapy and as a form of strength training.

- Thera-Band for strength and coordination

Thera-Bands not only strengthen the core, upper body, and arm muscles, but are also suitable for strengthening foot and leg muscles and improving overall muscle coordination.

- Balance Board - for balance and proprioceptive exercises

serves to improve coordination, body awareness, and reaction speed
Strengthens core muscles, leg muscles, and foot arch muscles
Improves concentration. "Proprioceptive" training not only trains balance but also muscle coordination (coordination) and thus body awareness. It helps prevent injuries such as sprained ankle.

Want to know more?

Your coach provides curated performance resources. The most fun comes from regular group training, ideally under guidance. But stretching exercises can easily be done every day at home and are noticeable through a more relaxed style of golf.

Golf tips to take with you for the round



SLICE

The club head comes onto the ball from the outside. The face of the club points to the right of the target at impact.
Correct
The club head comes from the inside. Face of club head directly to the target. The shoulders begin with rotating.



DRAW

The ball starts right and then turns left. The club head is not square to target. Upswing inwards too early.
Correct
Align the club head correctly. Upswing flat along target line.

FADE



The Club head approaches the ball slightly from outside and is "square" to the target at the moment of impact.
Correct
Do not turn the hips and shoulders back too early on the downswing. Only rotate hips on the upswing and do not twist them to the right.



FAT

The club hits the ground in front of the ball. Weight stays too much on the right foot during down- swing. Right arm is too active.
Correct
Shift the weight to the left foot during the downswing. The left arm pulls the right one with it.

HOOK



The club head comes at the ball from inside, the club face is closed and points left to the target. Upswing too strong inwards.
Correct
Upswing upper body + hands together along the target line, club face square to the target.



SKY

The ball flies too high and not far. The ball is hit in the lower third weight. The weight remains on the left and the use of the arm is too strong.
Correct
Upswing deep along the target line. Weight on the right foot.
The left half of the body takes the right side with it on the downswing.

PULL



The ball flies straight to the left. Alignment is wrong. Arms begin the downswing.
Correct
Alignment parallel to the target line. Arms and upper body forms a unit in the upswing. The hips begin the downswing.



SHANK

The ball flies almost at right angles to the right. Downswing extreme from the inside. The ball is hit with the head inside edge. The hands are too active.
Correct
Upswing flat along the target line. Hands very slightly in front of the ball. Swing loosely with the hips.

PUSH



The ball flies straight to the right. Upswing inwards too early. Close shoulders. The club head is open.
Correct
Move the club head along the target line. The ball more towards the left foot.

SMOTHER



The ball flies flat to the left. The club face hits the ball at an angle and closed from above. Arms are too active.
Correct
Club face on the upswing square to target. Hips start the downswing in front of the arms.

Intentional Draw

Sleep three-quarter swing with little hip. The feet firmly in the sand. Ball in the middle and the weight more on the left foot.

Intentional Hook

The direction of the swing is to the right of the target. The club face hits the ball close to the direction of the swing. The ball starts to the right and turns to the left.

Intentional Fade

The swing direction is to the left of the target. The club face hits the ball open to the swing direction. The ball starts left and turns to the right.

Intentional Slice

The swing direction runs to the target. The club face hits the ball open to the swing direction. The ball starts straight and turns to the right

Intentionally play high

The ball is placed further to the left, the alignment of the club face remains square to the target and the body weight is more on the right foot. A half upswing, a three-quarters downswing. The choice of club decides the height of the trajectory.

Intentionally play flat

The ball is placed on the right. The weight is more on the left foot. A half upswing and a half downswing. The appropriate racket then brings the ball to the deliberate height.

More backspin

The ball is on the right, weight is more on the left foot. A steep three-quarter strike from above through the ball. Wrists are firm, no spooning!

Hindrance ahead

The last look and thought are not directed at the obstacle, concentrate on the mental image of the flight path and landing zone. Preparation is like for any other shot.

Hangside, standing over the ball

Align to the left of the target. Put your weight on your heels and stand a little closer to the ball. Take one less club number and stand wider.

Hangside, standing under the ball

Align to the right of the target, use one less club number, touch shorter and weight on your toes. Stand more upright.

Downhill slope

Select a club number higher. Align to the left of the target. The ball is on the right foot. Weight is on the higher foot. Shoulders parallel to the hillside.

Uphill slope

Select a club number lower. Align to the right of the target. The ball is more in the middle. Weight more in the middle on the higher foot. Shoulders parallel to the slope. Backswing flat along the slope..

Hit from the fairway bunker

Sleep three-quarter swing with little hip movement, feet in the middle and firmly in the sand, weight more to the left.

Explosion golf swing from hard and wet sand

Stand and club head open to the target line. Feet firmly in the sand. Firm grip, hard three-quarter blow. The club head hits the sand about 5 cm in front of the ball. Swing through.

Deep rough

Sleep three-quarter swing with a slightly open face. Maximum a nine iron. Ball more from the right foot. Weight more left. Swinging through is very important.

Headwind

If there is a headwind, the ball will fly higher and will stop faster. Hit with wood one. The ball stays flat when hitting the green. Choose one to four club numbers lower.