

LEARN PERFECT WEIGHT SHIFT SYSTEMATICALLY



Operating Instructions

&

INTERPRETATIONS OF THE GRAPHS

MORE INSTRUCTIONS

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GETTING STARTED

FIRST— PLACING THE PLATE

Place the BalancePlate on an even and flat surface. The feet of the board must contact the platform underneath, but not any other part of the bottom of the plate.

SECOND — CALIBRATION/RE-CALIBRATION

Calibration means adjusting the plate according to the individual player's weight. Re-calibration of the plate must be done for each individual player.

SHORT INSTRUCTIONS

- Switch power ON
- Step on the plate and follow instructions on the screen.
- Make a shot. A graph is shown for a short time and then reprograms for the next shot. Pressing "Freeze" starts an animation of the shot!
- To receive the most effective comparison, hit several balls. Try to adjust your swing and see how the graph changes.

BASIC AUTOMATIC OPERATION IS SIMPLE.



ON-OFF

Turn the BalancePlate ON. The battery should be fully charged prior to use or alternatively the device can be connected directly to power supply.

STAND CENTRALLY

Take your normal posture stand on the board. The BalancePlate will begin calibrating. Stand still until the calibration is finished.

IMPORTANT NOTICE

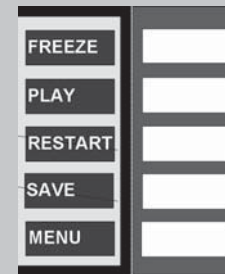
The BalancePlate is very intelligent. It will recognize the ball impact without seeing the ball - just analyzing your movements. Everything has been made as easy as possible for you. You can place the ball anywhere, or you can even hit without balls. However, if you make swing-like movements, sometimes the the BalancePlate may mistake. In such case, just make a new shot. If you stand still before the shot and make a theoretically good shot, the BalancePlate will recognize it for sure - every time.

MEASUREMENT MODE

After calibration, the measurement is automatic. The BalancePlate measures all the time and when it notices an impact point, it draws a graph on the screen. If you do not make anything, it will start waiting for a new shot after some seconds (adjustable). If you press 'FREEZE'-button, it will show an animation until 'PLAY' is pressed.

MENU FUNCTIONS

Most MENU functions are self explaining. However, some functions need clarification.



FREEZE

After making a shot a graph and a MENU appears. If you do not make anything, the system starts waiting for a new shot after a preset time (default 10 sec). However, if you would like to analyze the graph, press 'FREEZE'. The system shows the graph and an animation, until you press 'PLAY' to play the next shot.

AUTOSAVE

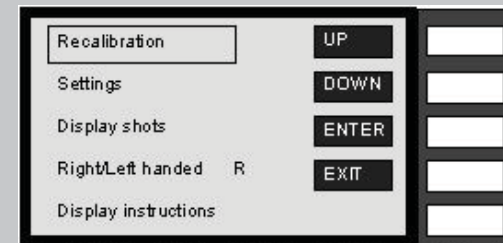
The system automatically saves every shot. You can review last 10 shots by pressing the 'AUTOSAVE' button.

SENSITIVITY & GRAPH DISPLAY TIME

From the MENU/Settings-screens



Depending on your swing, you may need to adjust the sensitivity to recognize the ball impact point. The basic setting is 10. Use buttons '+ and -' to set the value. Then press 'BACK'. On the same screen you can also adjust the time, how long the graph is shown after each shot before starting to wait for the next shot.



'DISPLAY' allows you to see saved shots from the memory. 'RECALIBRATE' with this option or use ON-OFF for the same. 'RIGHT/LEFT' handed is switching the system between right handed and left handed.

There are several theories about a correct golf swing. Swingia brings a new method for measuring weight shift in a swing replacing opinions/theories with measured facts. What is considered to be the best way to swing depends on which swing theory is followed. Swingia allows any swing theories. Essential is that the importance of weight shift – and balance during the swing – is recognized and fixed.

PRESSURE POINT

The measurement graphs present what kind of pressure is directed against the ground during the swing. The graph doesn't show how the gravity center of the body is moving. It is possible to keep the gravity center exactly in the same position and still direct a lot of changing forces against the ground. This is because of the dynamic nature of the swing.

Every hand or body movement creates a force and needs a counter force. The graph shows how the result of forces created by different parts of the body is directed during the swing.

As term "Weight Shift" is commonly used in a swing, we also use the same term, even if the question is of movements of the resulted pressure point.

MODEL GRAPH



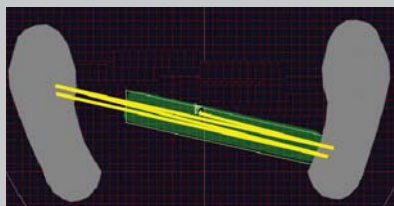
- The slanted green box in appended image, "target box", is based on measurements of best playing professionals.

- Good balance is very important when focus is on direction accuracy.
- The direction accuracy can be best controlled, if there are not too many moving parts in the swing.
- A good posture position and neutral, natural movements of the body, without correcting compensations, give best starting point for accuracy control.

PROPERTIES OF A GOOD BALANCE

- General direction of the movement of the pressure point is parallel to the slanted green box. This is the most important requirement.
- The pressure point moves parallel with the target box during the backswing (from 1 to 2)
- The pressure point moves along the same line during the backswing and during the downswing – as accurately as possible.
- During the downswing (starting at 2) the pressure point moves through the point (1) where the backswing started.
- At the swing transition point where backswing changes to downswing, the pressure is directed to trail heel (right heel for right handed).
- The weight shift should be moderate, not too much and not too little.
- At the transition point of about 80% or less of weight should be on the trail heel.
- At ball impact the pressure on the lead foot (left) is from 60 to 80% of the body weight.
- During the downswing the pressure point moves forward all the time, never backwards (no reverse weight shift).

IDEAL BALANCE



The appended image shows how the pressure point should move during an animated swing practice (between heel and big toe).

This gives the correct feeling in the right and left foot. It is easy to notice that the graphs can be made wide with very small body movements or adjustments, without changing the gravity center (swing dynamics).

NOTICE

If you have a special swing that differs too much of a typical swing, for example a "Reverse weight shift", meaning that you fall back after the shot, the system may fail to recognize the impact point. In this case try again and try to change your swing. Another reason may be that the sensitivity of the plate is too low for your swing. Increase the sensitivity in the MENU Settings by lowering the number.

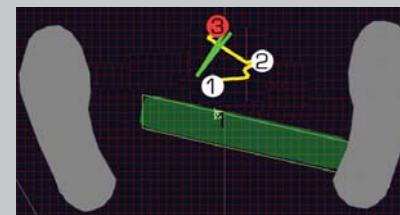
TYPICAL BALANCE - SLICE



In this swing the backswing starts at point (1) and the pressure point moves during the backswing towards right ball or right big

toe. The swing transition point, where the hands are on top, is at point (2). During the transition and during the start of the downswing the pressure point moves strongly forward towards the ball. The ball impact point is at point (3). The main reason to this is that the right shoulder and the hands fly out of the swing plane – creating an out-to-in club head movement. Another reason may be that the player starts the downswing by kicking strongly with his right ball or big toe.

VERY LITTLE WEIGHT SHIFT



In this swing the weight is shifting very little - the swing is based on rotation of the upper body. The shift is mostly towards the toes only.

REMARK

BalancePlate has sensitive electronics like a computer. It is not waterproof and therefore it should not be used in wet conditions.