SAMPLE - INVENTED DATA

Launch Monitor Analysis

Sample golfer

Your selected shots show where performance is strong and where further assessment may help. Your playing goal, intended shape and coach targets guide the comparisons. Your physical training priorities are More speed & distance.

> SAMPLE - all golfer details, measurements and coach targets are invented. This is not a real golfer, device export or provider-validation example.

REPORT DATE	CLUBS ANALYSED	DATA SOURCE
6 September 2026	**Driver + 7-iron**	**Synthetic illustration**

AT A GLANCE

Your club-by-club picture

DRIVER

10 shots

Club speed: a performance opportunity

Your selected-shot average is 94.0 mph across 10 shots.

Strike efficiency: within your comparison

Your selected-shot average is 1.47 across 10 shots.

7-IRON

10 shots

Strike efficiency: within your comparison

Your selected-shot average is 1.35 across 10 shots.

Attack angle: within your comparison

Your selected-shot average is -4.0° across 10 shots.

BODY & MOVEMENT

What could your body be contributing?

Ultimate Strength & Nutrition combines launch monitor analysis with physical screening and golf-specific training. Led by PGA Professionals Mark Ashton and Lachlan Armour, our team combines PGA coaching insight with specialist strength and power expertise and years of practical experience working with golfers to identify which physical qualities may be influencing the patterns in your data. In our Melbourne facility, that process can be supported by gym-floor force plate testing, force plate analysis in the swing and 3D analysis where required. Launch data shows what happened. Screening helps confirm what your body may be contributing and what training should come next.

DRIVER

Possible contributors - assessment required

Driver data can show what happened to speed, strike and flight. It cannot establish why. Strength and power have group-level associations with Driver club speed, while an individual explanation still requires direct testing.

LAUNCH-DATA FINDING

Your selected-shot average is 94.0 mph across 10 shots.

GOLF IMPLICATION

Club speed helps set potential distance, while strike and delivery determine how much of that potential becomes ball speed and carry.

PHYSICAL INTERPRETATION

Technical, setup, equipment and physical factors can contribute to this pattern. These qualities may be worth assessing. Launch monitor data alone cannot determine which, if any, is limiting you.

- Lower-body strength and force production
- Explosive force and speed-strength
- Rotational and upper-body power
- Force transfer and movement control

A Body & Movement Profile can test these qualities alongside mobility and stability before training priorities are chosen.

7-IRON

Possible contributors - assessment required

7-iron data can describe speed, delivery and ball flight but cannot identify a physical cause. Direct assessment is needed before linking the pattern to strength, power, mobility, stability or movement capacity.

- Force production and control
- Rotation and movement control
- Mobility relevant to the measured task
- Stability through the delivery pattern

A Body & Movement Profile can establish which qualities are already strong and which, if any, should influence training.

PERFORMANCE

Primary performance

Driver

Your priority is balanced performance. Consider carry and ball speed alongside lateral spread and strike consistency. A distance gain that widens dispersion may not improve your golf. No optimal launch or spin window is calculated without a validated model for your speed, delivery, equipment and conditions.

CLUB SPEED	BALL SPEED	CLUB SPEED	BALL SPEED
94.0 mph	**138.0 mph**	**94.0 mph**	**138.0 mph**
Male scratch or better: 110.0 mph	Male scratch or better: 161.0 mph	PGA Tour: 115.0 mph	PGA Tour: 171.0 mph
+16.0 mph (+17.0%) below reference	+23.0 mph (+16.7%) below reference	+21.0 mph (+22.3%) below reference	+33.0 mph (+23.9%) below reference

Club speed: a performance opportunity

Your selected-shot average is 94.0 mph across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
94.0 mph	**94.0 mph**	**94.5 mph**	**93.5 mph**	**10**

Compared with your coach's target. 0% of selected shots meet this comparison. Your coach's specified target takes priority.

Strike efficiency: within your comparison

Your selected-shot average is 1.47 across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
1.47	**1.47**	**1.47**	**1.47**	**10**

Compared with intermediate coaching minimum · guide p37. 100% of selected shots meet this comparison. This is a coaching reference, not a diagnosis or universal optimum. Impact location was not recorded. These measurements cannot identify where on the face contact occurred.

Attack angle: within your comparison

Your selected-shot average is 3.0° across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
3.0 °	**3.0 °**	**3.5 °**	**2.5 °**	**10**

Compared with intermediate coaching corridor · guide p37. 100% of selected shots meet this comparison. This is a coaching reference, not a diagnosis or universal optimum.

PERFORMANCE

Primary performance

7-iron

CLUB SPEED

78.0 mph
PGA Tour: 92.0 mph

+14.0 mph (+17.9%) below reference

BALL SPEED

105.0 mph
PGA Tour: 123.0 mph

+18.0 mph (+17.1%) below reference

Strike efficiency: within your comparison

Your selected-shot average is 1.35 across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
1.35	**1.35**	**1.35**	**1.35**	**10**

Compared with intermediate coaching minimum · guide p37. 100% of selected shots meet this comparison. This is a coaching reference, not a diagnosis or universal optimum. Impact location was not recorded. These measurements cannot identify where on the face contact occurred.

Attack angle: within your comparison

Your selected-shot average is -4.0° across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
-4.0 °	**-4.0 °**	**-3.5 °**	**-4.5 °**	**10**

Compared with intermediate coaching corridor · guide p37. 100% of selected shots meet this comparison. This is a coaching reference, not a diagnosis or universal optimum.

Club path: within your comparison

Your selected-shot average is 0.5° across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
0.5 °	**0.5 °**	**1.0 °**	**0.0 °**	**10**

Compared with intermediate coaching corridor · guide p37. 100% of selected shots meet this comparison. This is a coaching reference, not a diagnosis or universal optimum. For a right-handed golfer, this average is in-to-out.

Reference averages provide context, not a required speed or a guarantee of performance.

MEASUREMENTS

Supporting measurements

Available supporting measurements are shown statically for print and sharing.

Driver

Club speed: repeatable pattern outside comparison

Your selected-shot average is 94.0 mph across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
94.0 mph	**94.0 mph**	**94.5 mph**	**93.5 mph**	**10**

The average is outside the applied comparison while the selected shots form a repeatable session pattern.

Ball speed

Your selected-shot average is 138.0 mph across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
138.0 mph	**138.0 mph**	**138.5 mph**	**137.5 mph**	**10**

This describes this session. Launch monitor data cannot establish a physical cause.

Club path: within your comparison

Your selected-shot average is 0.5° across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
0.5 °	**0.5 °**	**1.0 °**	**0.0 °**	**10**

Compared with intermediate coaching corridor · guide p37. 100% of selected shots meet this comparison. This is a coaching reference, not a diagnosis or universal optimum. For a right-handed golfer, this average is in-to-out.

Face angle: within your comparison

Your selected-shot average is 0.3° across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
0.3 °	**0.3 °**	**0.8 °**	**-0.2 °**	**10**

Compared with intermediate coaching corridor · guide p37. 100% of selected shots meet this comparison. This is a coaching reference, not a diagnosis or universal optimum. For a right-handed golfer, this average is open to the target line.

Face to path

Your selected-shot average is -0.2° across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
-0.2 °	**-0.2 °**	**-0.2 °**	**-0.2 °**	**10**

This describes this session. Launch monitor data cannot establish a physical cause. For a right-handed golfer, this average is closed to the path. Face-to-path alone does not prove the resulting shot shape.

Carry

Your selected-shot average is 219.0 m across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
219.0 m	**219.0 m**	**221.0 m**	**217.0 m**	**10**

This describes this session. Launch monitor data cannot establish a physical cause.

MEASUREMENTS

Supporting measurements

Available supporting measurements are shown statically for print and sharing.

Driver

Peak height

Your selected-shot average is 29.0 m across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
29.0 m	**29.0 m**	**29.5 m**	**28.5 m**	**10**

This describes this session. Launch monitor data cannot establish a physical cause.

Launch angle

Your selected-shot average is 14.0° across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
14.0 °	**14.0 °**	**14.5 °**	**13.5 °**	**10**

This describes this session. Launch monitor data cannot establish a physical cause.

Spin rate

Your selected-shot average is 2600 rpm across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
2,600 rpm	**2,600 rpm**	**2,650 rpm**	**2,550 rpm**	**10**

This describes this session. Launch monitor data cannot establish a physical cause. Driver launch and spin need to be considered alongside speed, attack angle, strike and your balanced goal. No single ideal spin rate is applied. Impact location was not recorded. These measurements cannot identify where on the face contact occurred.

Landing angle

Your selected-shot average is 39.0° across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
39.0 °	**39.0 °**	**39.5 °**	**38.5 °**	**10**

This describes this session. Launch monitor data cannot establish a physical cause.

MEASUREMENTS

Supporting measurements

Available supporting measurements are shown statically for print and sharing.

7-iron

Club speed

Your selected-shot average is 78.0 mph across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
78.0 mph	**78.0 mph**	**78.5 mph**	**77.5 mph**	**10**

This describes this session. Launch monitor data cannot establish a physical cause.

Ball speed

Your selected-shot average is 105.0 mph across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
105.0 mph	**105.0 mph**	**105.5 mph**	**104.5 mph**	**10**

This describes this session. Launch monitor data cannot establish a physical cause.

Face angle: within your comparison

Your selected-shot average is 0.3° across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
0.3 °	**0.3 °**	**0.8 °**	**-0.2 °**	**10**

Compared with intermediate coaching corridor · guide p37. 100% of selected shots meet this comparison. This is a coaching reference, not a diagnosis or universal optimum. For a right-handed golfer, this average is open to the target line.

Face to path

Your selected-shot average is -0.2° across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
-0.2 °	**-0.2 °**	**-0.2 °**	**-0.2 °**	**10**

This describes this session. Launch monitor data cannot establish a physical cause. For a right-handed golfer, this average is closed to the path. Face-to-path alone does not prove the resulting shot shape.

Carry

Your selected-shot average is 140.0 m across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
140.0 m	**140.0 m**	**142.0 m**	**138.0 m**	**10**

This describes this session. Launch monitor data cannot establish a physical cause.

Peak height

Your selected-shot average is 27.0 m across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
27.0 m	**27.0 m**	**27.5 m**	**26.5 m**	**10**

This describes this session. Launch monitor data cannot establish a physical cause.

MEASUREMENTS

Supporting measurements

Available supporting measurements are shown statically for print and sharing.

7-iron

Launch angle

Your selected-shot average is 18.0° across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
18.0 °	**18.0 °**	**18.5 °**	**17.5 °**	**10**

This describes this session. Launch monitor data cannot establish a physical cause.

Spin rate

Your selected-shot average is 5900 rpm across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
5,900 rpm	**5,900 rpm**	**5,950 rpm**	**5,850 rpm**	**10**

This describes this session. Launch monitor data cannot establish a physical cause. Impact location was not recorded. These measurements cannot identify where on the face contact occurred.

Landing angle

Your selected-shot average is 46.0° across 10 shots.

AVERAGE	MEDIAN	HIGH	LOW	SHOTS
46.0 °	**46.0 °**	**46.5 °**	**45.5 °**	**10**

This describes this session. Launch monitor data cannot establish a physical cause.

SHOT DATA

Explore your full shot data online

Your interactive report includes the complete shot-by-shot data used in this analysis, with all validated launch, ball-flight and club-delivery measurements available for each selected shot.

20 analysed shots

Driver · 10 shots **7-iron · 10 shots**

View full interactive shot data

Open your interactive report to explore every shot and choose which measurements to display.

Anyone with this PDF can use this link to view the shared report while the link remains active.

YOUR NEXT STEP

Choose the level of support that suits you.

RECOMMENDED

Premium Coaching

Turn your insights into a personalised training plan.

Daily mobility & pre-round warm-ups built from your screening

Explore Premium Coaching

COACHING PATHWAY

Essentials

Coach-built golf-specific programming with ongoing monitoring and in-app support.

Explore Essentials

COACHING PATHWAY

Golf Performance Pathway

Self-guided golf training across Mobility & Stability, Strength, Power and Overspeed.

Explore Golf Performance Pathway

CONFIDENCE

Data quality & confidence

A concise view of how much weight to place on the selected session.

DRIVER

High confidence

7-IRON

High confidence

> SAMPLE - all golfer details, measurements and coach targets are invented. This is not a real golfer, device export or provider-certification example.

> These findings describe the selected launch-monitor shots. Physical interpretation remains assessment required and does not diagnose mobility, strength or a medical condition.