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EXAMPLE REPORT

GOLF FITNESS EVALUATION

Your body, measured.

Mobility, strength, power and speed: what we found, how it compares with the norms for a golfer, and what we'll work on first.



CLIENT	HANDICAP	ASSESSED	ASSESSED BY
Example client	14	2 September 2026	Jon Hodgkinson

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Assessment overview.

This example shows the report a client receives after their Golf Fitness Evaluation. Our example client is a 14-handicap golfer who wants more distance off the tee and a fuller turn in the backswing.

Hamstring range, hip external rotation, shoulder flexion and shoulder external rotation all met their norms, and lower quarter rotation was clean on both sides. Seated thoracic rotation (L 48° / R 55°) and left hip internal rotation (32°) were below norm.

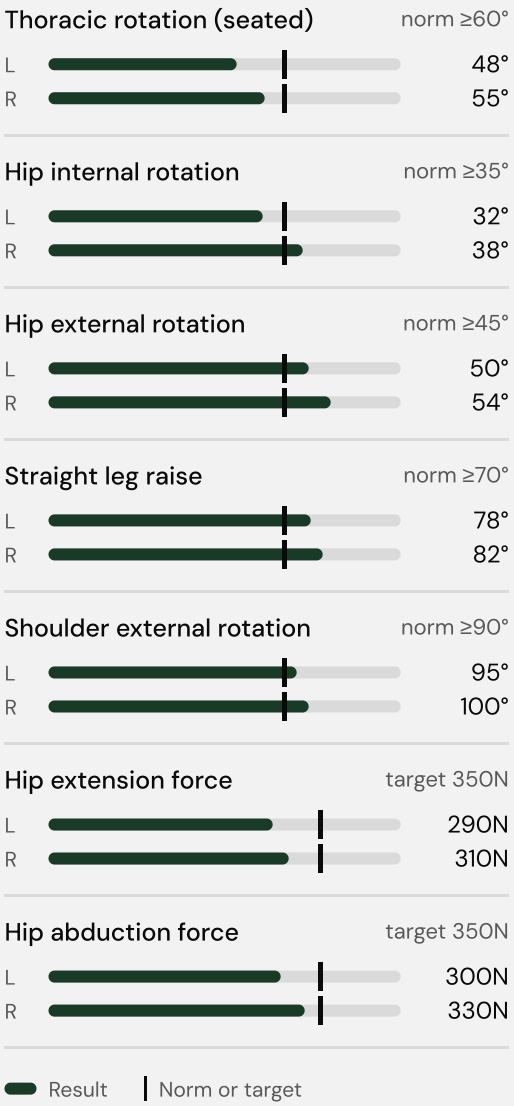
Hip extension and abduction force were below the 350N target on both sides, and lower-body power was below the average for a male golfer. Driver clubhead speed was 93 mph. The programme starts with thoracic rotation, hip strength and power, and every measure is compared at re-test.

AT A GLANCE

- **Handicap:** 14
- **Goal:** More distance off the tee and a fuller turn in the backswing.
- **Injury history:** None reported.
- **Main areas to work on:** Thoracic rotation (L 48° / R 55°, norm ≥60°); hip strength (83–94% of the 350N target); lower-body power.
- **Strengths:** Hamstring, hip external rotation and shoulder range all meet norm; lower quarter rotation clean on both sides.
- **Progress:** First assessment. These results are the baseline for every re-test.

AGAINST THE NORM

Left and right, initial values



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Measurement data.

CLIENT	HANDICAP	GOAL	ASSESSED
Example client	14	More distance and a fuller turn	2 Sep 2026

TEST	INITIAL	RE-TEST 1	RE-TEST 2	NORM	STATUS
Straight leg raise · Right	82°	—	—	≥70°	● Meets norm
Straight leg raise · Left	78°	—	—	≥70°	● Meets norm
Seated lateral flexion · Right	Clear	—	—	—	● Clear
Seated lateral flexion · Left	Clear	—	—	—	● Clear
Thoracic rotation (seated) · Left	48°	—	—	≥60°	○ Below norm
Thoracic rotation (seated) · Right	55°	—	—	≥60°	○ Below norm
Shoulder flexion	180°	—	—	180°	● Meets norm
Shoulder external rotation · Left	95°	—	—	≥90° ‡	● Meets norm
Shoulder external rotation · Right	100°	—	—	≥90° ‡	● Meets norm
Hip internal rotation · Left	32°	—	—	≥35°	○ Below norm
Hip internal rotation · Right	38°	—	—	≥35°	● Meets norm
Hip external rotation · Left	50°	—	—	≥45°	● Meets norm
Hip external rotation · Right	54°	—	—	≥45°	● Meets norm

Hip rotation and seated thoracic rotation measured using VALD.
‡ The 90° norm for shoulder external rotation is for the general population; for golfers we work towards more.
Lower quarter rotation: clean on both sides.

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Strength testing.

Force production measured on VALD equipment, against our targets and published norms.

TEST	INITIAL	TARGET	OF TARGET	NOTES
Hip extension (glute max) · Left	290N	350N	83%	Prone, short lever.
Hip extension (glute max) · Right	310N	350N	89%	Prone, short lever. Right 20N higher.
Hip abduction (glute med) · Left	300N	350N	86%	Standing.
Hip abduction (glute med) · Right	330N	350N	94%	Standing. Right 30N higher.
Shoulder internal rotation · Left	120N	None set	—	VALD average maximum force. 62nd percentile.
Shoulder internal rotation · Right	128N	None set	—	VALD average maximum force. 70th percentile.
Isometric mid-thigh pull	2.4× BW	See below	—	Peak force, as a multiple of bodyweight.
Countermovement jump	214 N·s	See below	—	Net impulse.

ISOMETRIC MID-THIGH PULL

Lower-body strength

Trained adult men: 2.5–3.5× bodyweight (shaded).

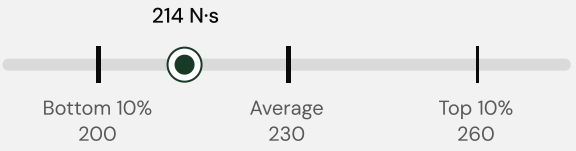


Just below the range for a trained adult man.

COUNTERMOVEMENT JUMP

Lower-body power

Net impulse for male golfers (VALD).



Below the average for a male golfer. Power is linked to clubhead speed, ball speed and distance.

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Core and clubhead speed.

Core endurance

Our norms: side plank 90 seconds each side, seated V-sit 2 minutes 30 seconds, single-leg glute bridge 90 seconds each side.

TEST	INITIAL	RE-TEST	NORM	STATUS
Side plank · Left	78s	—	90s	○ Below norm
Side plank · Right	95s	—	90s	● Meets norm
Seated V-sit	160s	—	150s	● Meets norm
Single-leg glute bridge · Left	72s	—	90s	○ Below norm
Single-leg glute bridge · Right	90s	—	90s	● Meets norm

Clubhead speed: SuperSpeed protocol

Swing speed with SuperSpeed Golf training clubs, lightest to heaviest.

CLUB	WEIGHT	INITIAL	RE-TEST 1	RE-TEST 2
Yellow	Extra light	103 mph	—	—
Green	Light	99 mph	—	—
Blue	Medium	95 mph	—	—
Red	Heavy	90 mph	—	—

DRIVER, ON OUR SIMULATOR

CLUBHEAD SPEED	BALL SPEED	CARRY
93 mph	135 mph	218 yards

Measured with a Rapsodo MLM2Pro and Titleist Pro V1 balls.

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Assessment images.

A client's own report shows photos of their tests, so we can see how they move and compare at re-test. These are from our studio, for illustration.



Straight leg raise

Hamstring range, measured lying down



Shoulder external rotation

Range on both sides, compared



SuperSpeed protocol

Clubhead speed with four training clubs



Driver testing

Clubhead speed, ball speed and carry on our simulator

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Key findings.

Priority findings are the most important to work on. Secondary findings add context, and positives are what to keep.

FINDING 01 · PRIORITY

Seated thoracic rotation below norm

L 48° / R 55° against a ≥60° norm (80% and 92%). More rotation through the upper back is the first focus of the programme.

FINDING 02 · PRIORITY

Hip strength and power below target

Hip extension L 290N / R 310N and abduction L 300N / R 330N against a 350N target (83–94%). Countermovement jump 214 N·s, below the 230 N·s average for a male golfer.

FINDING 03 · SECONDARY

Left hip internal rotation below norm

Left 32° against a ≥35° norm; right 38°. A 6° difference between sides, recorded for comparison at re-test.

FINDING 04 · SECONDARY

Core endurance lower on the left

Side plank L 78s / R 95s and single-leg glute bridge L 72s / R 90s, against 90-second norms.

FINDING 05 · POSITIVE

Hamstring and shoulder range at norm

Straight leg raise L 78° / R 82°, shoulder flexion 180°, shoulder external rotation L 95° / R 100°, hip external rotation L 50° / R 54°. Lower quarter rotation clean on both sides.

FINDING 06 · BASELINE

Clubhead speed recorded

Driver: 93 mph clubhead speed, 135 mph ball speed, 218 yards carry. SuperSpeed: 103, 99, 95 and 90 mph, lightest club to heaviest.

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Training priorities.

In the order the programme tackles them. We'll share these with the client's golf coach, so swing work and training pull the same way.

1	Thoracic rotation range	L 48° / R 55° against a ≥60° norm: the largest gap to norm in the mobility screen.
2	Hip strength and lower-body power	Hip extension and abduction at 83–94% of target; countermovement jump 214 N·s against a 230 N·s average.
3	Left hip internal rotation	Left 32° against a ≥35° norm; right 38°.
4	Core endurance on the left side	Side plank and single-leg glute bridge 17–18 seconds shorter on the left.

Notes for the golf coach

- **Mobility:** Upper-back rotation is limited (L 48° / R 55°, norm ≥60°). Hamstring, hip external rotation and shoulder range meet norm.
- **Strength and power:** Hip extension and abduction below target on both sides, slightly stronger on the right. Power below the male golfer average.
- **Speed:** Driver clubhead speed 93 mph. We re-test every 12 weeks and share the numbers with you.

ASSESSED BY

Jon Hodgkinson
Golf Fitness Specialist · Jon Hodgkinson Golf Fitness

Next re-test
In 12 weeks