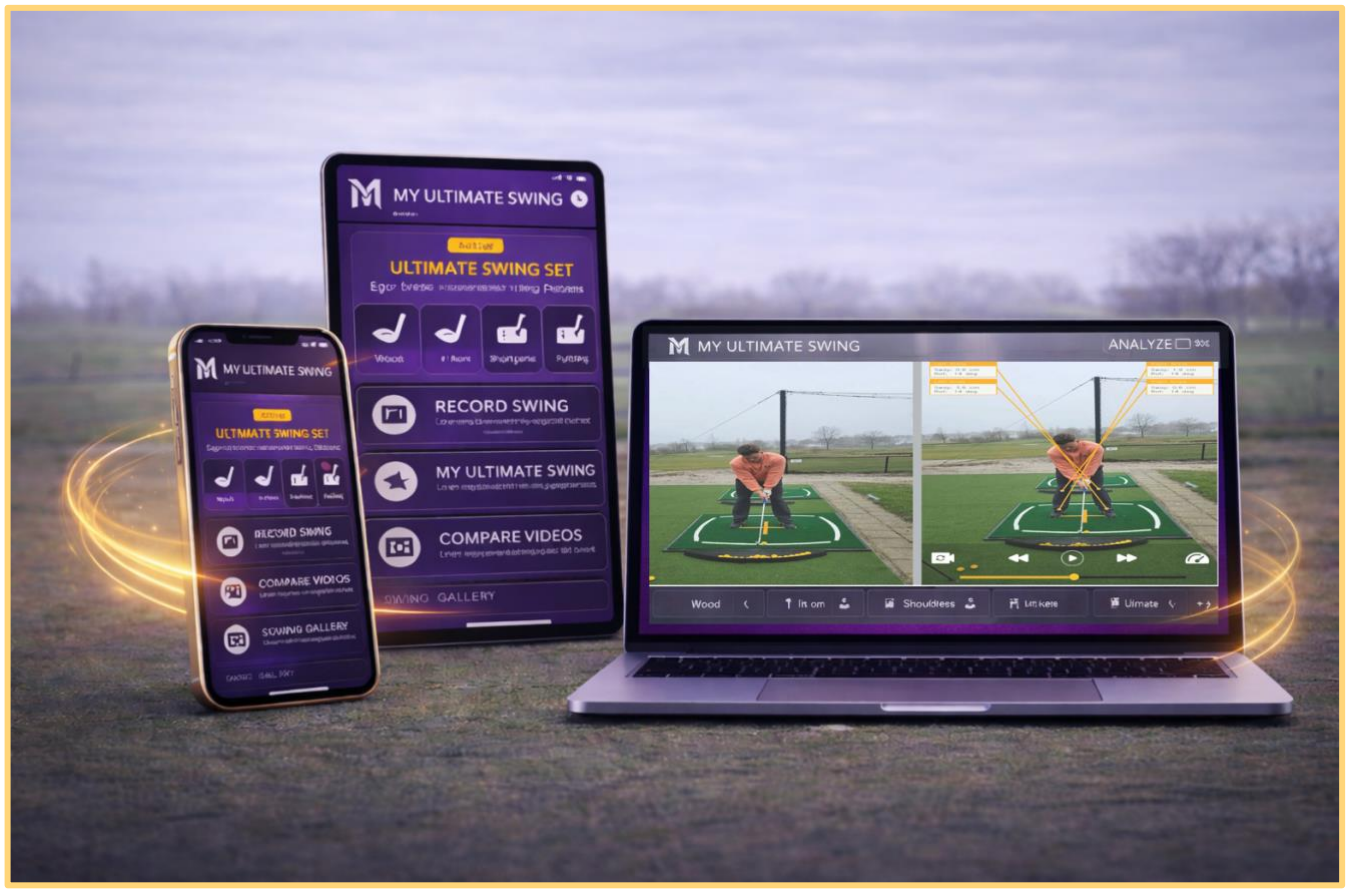
My Ultimate Swing
Professional User Guide



Every great swing is personal.

Welcome to **My Ultimate Swing**, your personal swing analysis system designed to help you capture, refine, and repeat your best swing.
Golfers at every level experience swings that feel balanced, natural, and precise, with contact and ball flight that match their intent.
Those moments are not random. They reflect repeatable patterns.
My Ultimate Swing helps you capture those patterns and turn them into a repeatable performance blueprint. Instead of guessing what changed, you can **see it, measure it, and train it with purpose.** Your journey in **My Ultimate Swing** follows a simple performance flow:

RECORD → SAVE → COMPARE → ANALYZE → INSIGHT → REPEAT

This guide will walk you through:

- setting up your personal performance preferences
- recording your first reference swing
- building your swing blueprint library

- comparing swings with precision controls
- turning insight into repeatable progress

Your best swing is already yours.

My Ultimate Swing helps you find it again.

www.myultimateswing.com

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Quick Start Guide (The Method)



Your training begins here.

RECORD → SAVE → COMPARE → ANALYZE → INSIGHT → REPEAT

Use the Home Screen to move through your training flow:

Record Swing captures the swing that matters.

Start by recording a swing you want to study. Use a stable camera angle and clear framing to create a reliable starting point for analysis.

Save your best swings to your **My Ultimate Swing** reference library. Build your personal blueprint.

Save your strongest swings as personal reference points. These clips become the foundation for meaningful comparisons and long-term consistency.

Compare to see the difference between swings.

Set your most recent practice swing next to your saved **My Ultimate Swing** reference to quickly spot differences in tempo, posture, balance, and swing path.

Analyze breaks movement into precision moments.

Use frame-by-frame playback, speed controls, and body focus tracking to isolate exactly where your motion moves outside tolerance. This is where comparison becomes measurable.

Insight using visual feedback and deviation insights, turn motion into better practice.

Convert movement differences into clear visual cues and deviation feedback, helping you understand what changed and what to repeat. This is where discovery becomes improvement.

Repeat to Train what works.

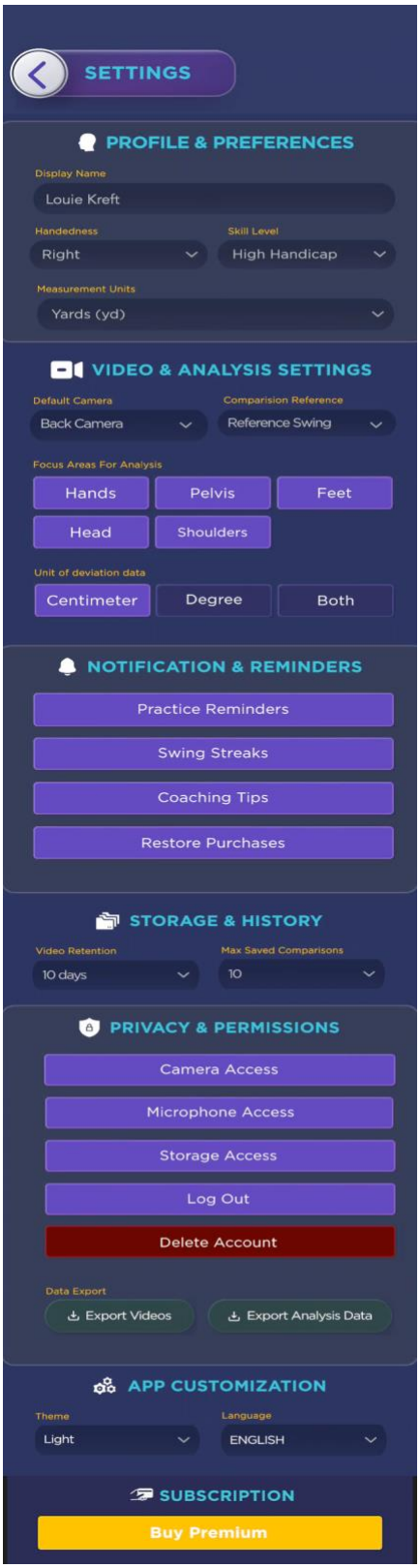
Apply your new awareness, record again, and continue refining your personal swing blueprint. Consistency is built through repetition with purpose.

Your Home Screen keeps every part of your progress only one tap away.

Pro Tip: The more consistently you use the same camera angle and club category, the more meaningful your comparisons become. Additional information is available in the **Best Recording Practice** section.

Performance Calibration & Preferences

Before recording your first swing, personalize your setup for the most accurate feedback.



Player Profile Calibration (mandatory):
Define your basic profile so **My Ultimate Swing** can calculate your swing plane accurately. Proper calibration improves first-session accuracy and reduces misleading comparison results.
Handedness: Toggle between Right or Left

Skill level: Your selected handicap range determines how sensitive **My Ultimate Swing** is to movement deviations. Lower handicaps use tighter tolerance thresholds, helping advanced players identify smaller inefficiencies:
High: >10-15% deviation,
Mid: >4-10% deviation,
Low: <4% deviation

Measurement Units: Choose between **Yards, Meters, Feet,** or **Centimeters** for your deviation measurement unit.

Camera & Analysis Calibration:
Configure how the camera captures and compares your data.
- **Camera Selection**: Toggle between your **Back Camera** (recommended for quality) or **Front Camera** (Selfie mode).
- **Focus Areas**: Choose which body parts the **My Ultimate Swing** algorithm should track most closely. Options include **Hands, Pelvis**, **Feet**, **Head**, and **Shoulders**.
- **Deviation Units**: Select how you want to see error margins – in **Centimeters**, **Degrees** or **Both**.

Notification & Training Rhythm:
Set up your digital caddy to keep your training on track.
- **Practice Reminders**: Toggle this ON to receive "nudges" to head to the range.
- **Swing Streaks**: Enable these to track how many days in a row you've logged a swing.

- **Coaching Tips**: Turn this on to receive periodic drill suggestions based on your analysis.

PRO TIP: If you aren't receiving your reminders, check the **Privacy** & **Permissions** section at the bottom of the settings page. Tap **Camera Access** or **Microphone Access** to jump directly into your phone's system settings and ensure 'Allow Notification' is turned on.

Storage & Export:
Control your data footprint and how long clips are kept.

- **Video Retention**: Set how long the app keeps your practice clips – **10**, **15**, or **30 days.**
- **Max Comparisons**: Limit the number of reference videos stored to keep the app running smoothly – **10** or **20 comparisons**.

Privacy & Device Permissions:
Manage app access to your device hardware.

- **System Check**: Use the **Camera** and **Microphone Access** buttons to ensure the app has permission from your phone's operating system to record.
- **Data Export**: You can export raw videos or analysis data to share with a professional coach using the export buttons at the bottom.

Subscription: To access advanced features, tap the **Buy Premium** button at the bottom of the **Settings** menu. Choose one of two flexible options to support your improvement:

- **Monthly plan** — Full access to all premium features on a flexible month-to-month basis. Perfect for a quick seasonal tune-up.
- **Yearly plan** — Best value option to gain full access to all premium features by committing to a year of consistent progress.

Cancellation: You can cancel at any time through your Google Play or App Store subscription settings. For questions, contact support@myultimateswing.com.

PRO TIP: Set **Meters** or **Yards** to match your practice range so feedback stays consistent.

PRO TIP: Make sure to set your **Handedness** correctly before your first recording! Analysis results will be reversed and inaccurate if this setting is wrong.

Your **My Ultimate Swing** app is now aligned to your body, skill level, and training environment.

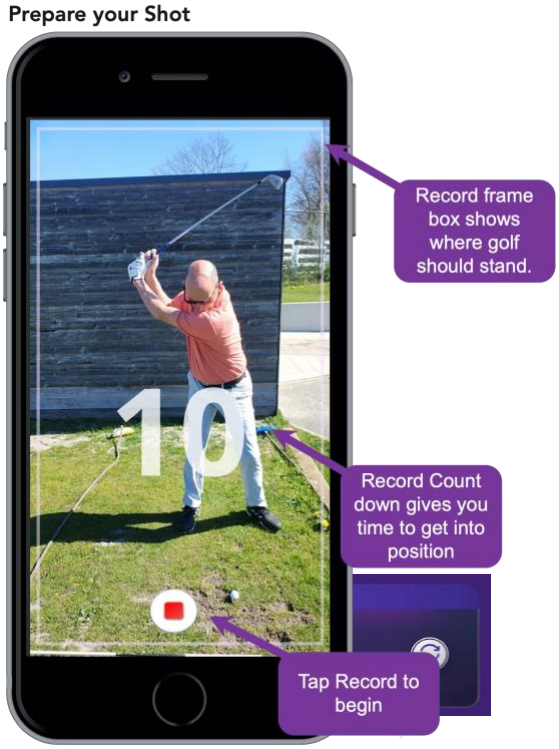
You are ready to record your first master reference.

Record Your Swing



PRO TIP: We recommend positioning your mobile camera approximately 3 meters from your practice mat ensuring enough space and lighting before you begin.

Read the **Best Recording Practices** to learn about the setup practices to ensure the best possible video and analysis results.



The Perfect Capture
From the main dashboard, tap Record Swing. This opens the camera interface where you align yourself inside the white framing box.
Tap the Red Record Button to start the **10 second** countdown. You have **5 seconds to** make your swing at which point the camera will turn off automatically.
Once the record is complete, you will be presented with two options:

- **Checkmark**: Accept the video.
- **Refresh Icon:** Re-take the shot.

Define Shot Perspective
After accepting the video, categorize the footage for easier organization. Use **Front View** to review stance and ball position, and use **Side View** to review swing plane and posture.



- **Viewpoint:** Select either Front View or Side View.
- **Destination:** Choose to save it to **My Ultimate Swing** Gallery or the standard **Swing Gallery**.

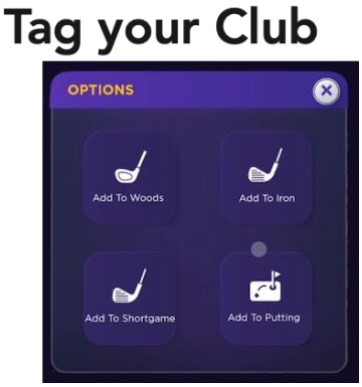


Choose Gallery Destination

- Choose **My Ultimate Swing Gallery** if this shot represents your **best current performance**. These videos serve as your **Master Reference** when you use **Compare Videos** later.
- Choose **Swing Gallery** for your **regular training**. This is your digital filing cabinet for all your recent attempts, allowing you to review your consistency over time.

Assign Club Type

Finally, select the specific club and category to ensure your analytics are accurate.



Choose from

- **Wood** — specify **Hybrid** or **Wood**



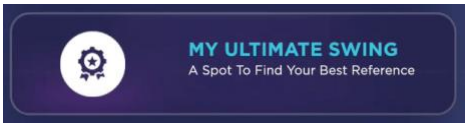
- **Iron** — specify **i5**, **i7** or **i9**
- **Shortgame** — specify **Pitching** or **Chipping**
- **Putting** — no further specification needed

Now that your swing is saved, return to the Home Screen to:

- **Compare Videos**: Split screen your latest practice rep against your **My Ultimate Swing** reference.
- **Swing Gallery**: Review your history to identify patterns in your game.

PRO TIP: Always ensure your camera is stable (using a tripod or bag) for the most accurate swing analysis. Additional information is available in the **Best Recording Practice** section.

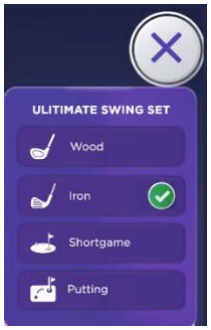
Build Your Reference Library



Build your blueprint for a perfect game.
Tap the **My Ultimate Swing** button from the main dashboard.

Navigating your clubs
Use the **Filter Icon** (top right) to view swings for specific club sets.

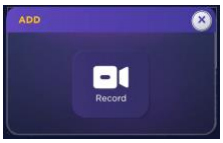
Club Tiers: The menu will slide out to show **Woods, Iron, Shortgame**, and **Putting**.



Visual Cue: A green checkmark indicates which club category is currently being displayed in your library.



Viewpoint: Select either **Front View** or **Side View**.



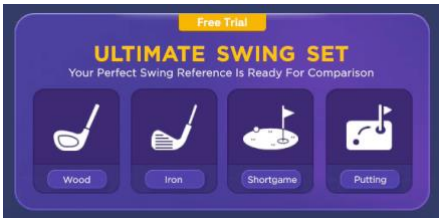
Adding a Reference swing: If a gallery is empty, tap the **Record** icon in the center of the screen to add a new “Master Reference”.

Recording: Follow the standard 10 second countdown process. Once finished, tag it with the specific club (e.g., **Iron > i9**).



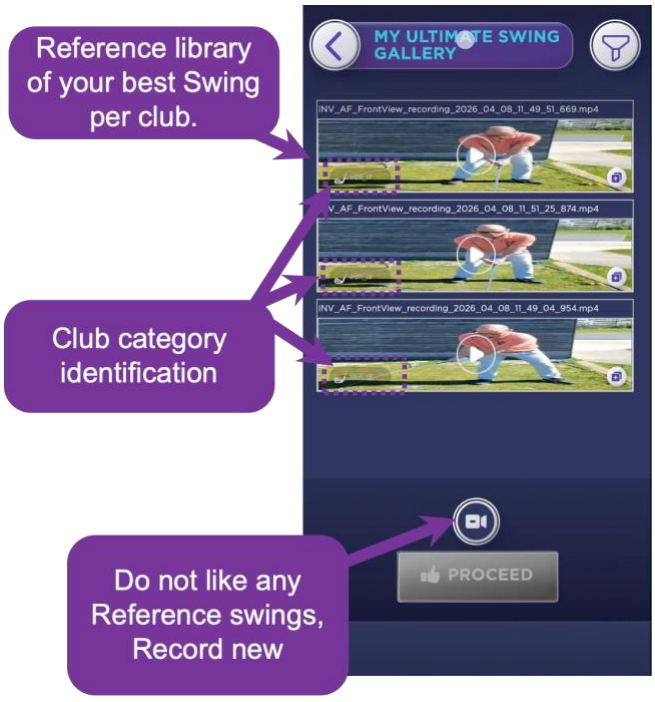
Your best reference videos are stored in the **My Ultimate Swing Gallery** unless you delete them or move them to the **Swing Gallery**.

Your best reference video is also available on the Home Screen in the **Ultimate Swing Set**.



Maintain Your Best Swing Library

Your **Master Reference library** should reflect the best version of your current swing — not the best version from months ago. As your mechanics improve, your saved references should evolve with you.



This keeps every comparison meaningful, current, and aligned with the swing you are actively building.

Replace Outdated References

As your balance, tempo, sequencing, and impact positions improve, older reference swings may no longer represent your highest-performance motion. When a newer swing demonstrates stronger mechanics and better repeatability, replace the previous **Master Reference** for that club.

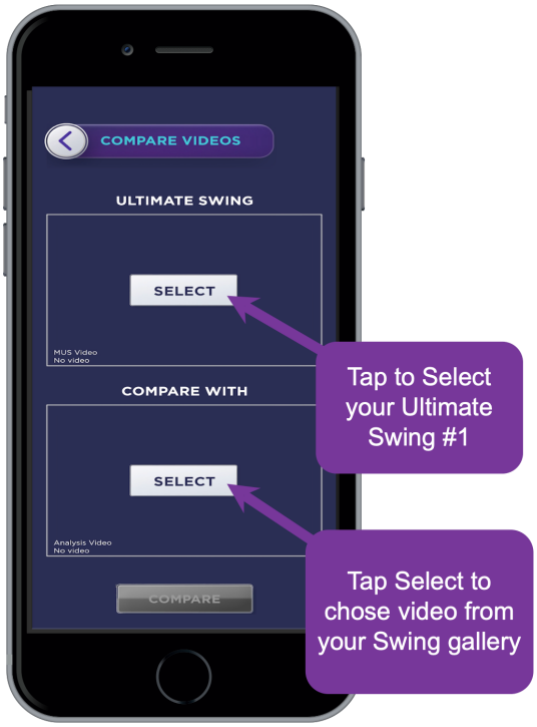
Pro Tip: Replace outdated references only when the new swing shows clear improvement in stability, timing, and strike quality.

Keep Your Best Swing Per Club

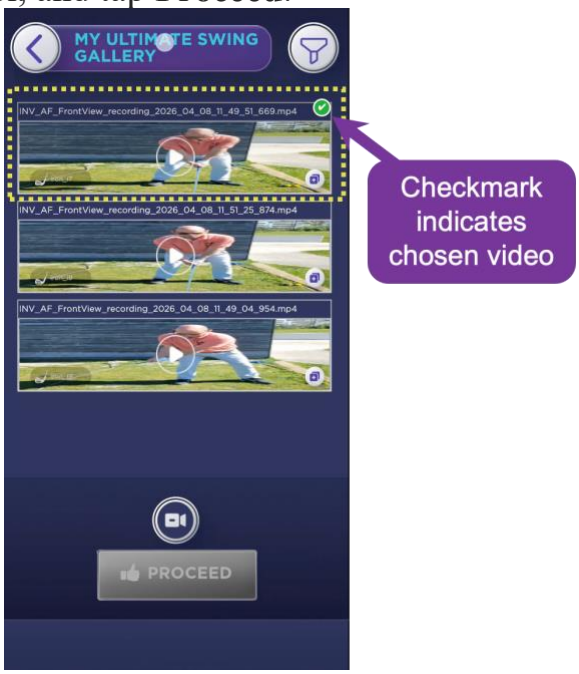
Every club category creates a unique motion pattern. For the most accurate comparisons, maintain **one high-quality Master Reference for each club type you train most often.**

Compare & Process Your Swing

The most powerful part of the **My Ultimate Swing** feature is the side-by-side analysis.



Select Master Swing
Open your **My Ultimate Swing** Gallery, select your saved **Master Reference** video for the top panel, and tap **Proceed**.



Select Practice Swing
In the **Compare With** section, tap on the Select button to pull a pre-filtered list of recent clips from your standard **Swing Gallery**.

PRO TIP: Make sure to set your **Handedness** correctly before your first recording! Analysis results will be reversed and inaccurate if this setting is wrong.

Once both the **Ultimate Swing** and **Compare With** videos are selected, tap **Compare** to initiate the **My Ultimate Swing** motion algorithm.

The **My Ultimate Swing** motion algorithm then analyzes deviation across the focus areas selected in **User Settings**. Depending on your mobile or Wi-Fi connection, processing typically takes about **15 seconds**.

Once the processing is complete, two possible options are available for **Insight** and discovery.

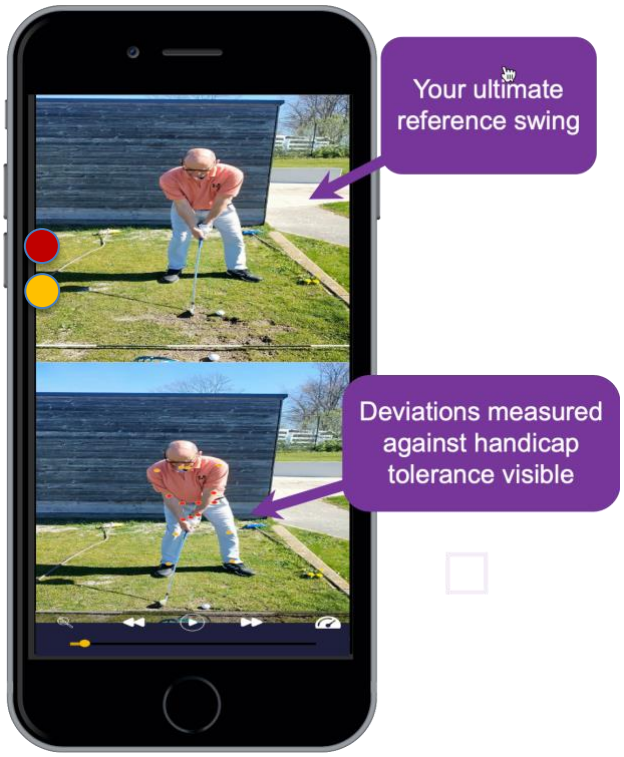


Synced Video: stacked side-by-side video displays your **Ultimate Swing** in the top box and regular **Swing** video below.

Metrics: Tap the Metrics icon on the analysis control bar to switch from visual cue playback to measurable numerical deviation feedback.

Precision Review Tools

Synced Video displays both swings at the same time in a vertical stack. **My Ultimate Swing** converts each swing into digital skeletal data so you can compare your reference swing with your practice swing more precisely.



The Goal: Use the **Ultimate Swing** (Top) as the visual guide to identify visual cue deviations in your **Practice Swing** (bottom). Deviations are measurement against skill level tolerances.

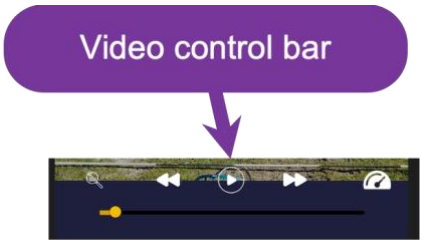
Deviation is **over** skill tolerance range.

Deviation is **within** skill tolerance range.

PRO TIP: If you improve your swing over time, don't forget to record a *new* Master Reference!

Additional **Insight** into your deviations is delivered via the video control bar. The control bar is the engine for your technical analysis. It's designed for precision rather than just 'watching' a video.

Mastering the Video control Bar – the control bar at the bottom of the comparison screen allows you to synchronize your **Ultimate Swing** with your **Practice Attempt** to spot exactly where your form deviates.

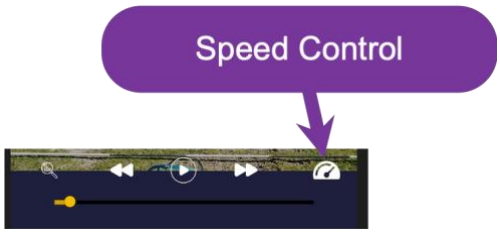


1. **Frame-by-Frame Scrubbing**
   - **The Action**: Slide your finger across the **Timeline Bar** to move the video forward or backward.
   - **Why it matters**: Golf swings happen in milliseconds. Scrubbing allows you to stop at critical moments – like the top of the backswing or the exact moment of impact – to check your alignment.

2. **Play/Pause Sync**
   - **The Action**: Tap the **Play** icon in the center.

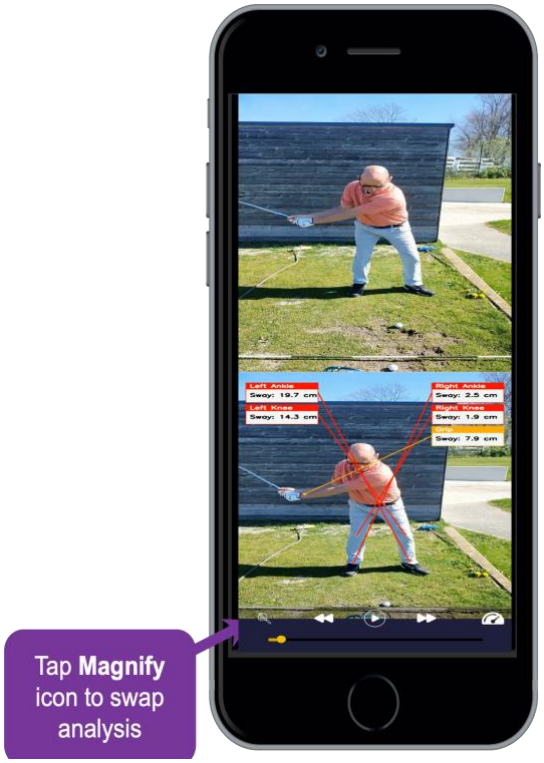
- **Why it matters**: By default, the app plays both videos in unison. This lets you see the 'tempo' of your practice swing compared to your master reference.

3. **Playback Speed Toggle**: the icon on the far right of the control bar. This is arguably the most important tool for technical analysis, as a golf swing is far too fast for the human eye to catch error at 100% speed.
    - **The Action**: In the split-screen view, you can tap either the Top or Bottom video window to focus the controls on that specific clip.
    - **Why it matters**: If one video started a second later than the other, you can pause one, scrub the other to the same star
4. **Adjusting Playback Speed**
    - Located on the **far right** of the video control bar, the **Speed Icon** allows you to slow down time to analyze the physics of your swing.



How to use it:
Tap the icon to cycle through the different speed settings:
    - **Normal Speed**: Best for checking your overall tempo, rhythm and balance.
    - **0.75 (Tempo)**: Perfect for finding the rhythm and tempo of the sequence of movements without losing the feel of the swing's natural flow.
    - **0.5x (Half Speed)**: Great for observing your transition from the backswing to the downswing.
    - **0.25x (Slow Motion)**: This "Analysis mode". Use this to see clubface rotation, head movement, and spine angle at the moment of impact.
    -

Why "Slow-mo" is your best coach: Most swing faults –like "coming over the top" or "early extension" –happen in a fraction of a second. By toggling to **0.25x**, you can see exactly where your practice swing (bottom frame) starts to pull away from your **Ultimate Swing** (top frame).



If more visual feedback is desired, click the **Magnify** button on the left side of the control bar to get instant visual data feedback.

Switch from visual cue (**the dot**) warning to detailed mathematical analysis (the numbers).

- **The Action**: Tap the **Magnifier** icon to toggle your view.

- **The Feature**: This swaps the **Deviation Dot** (the visual marks on your body image) for **Actual Sway Deviation Within tolerance** → movement remains inside your selected performance range or **Warning Outside tolerance** → motion exceeds your allowed deviation threshold.

Metrics — Measure What Changed

Once your comparison is processed, the **Metrics view** transforms visual swing differences into precise numerical feedback.



While the synced videos help you *see* where your movement begins to separate from your **Master Reference**, Metrics helps you understand **how much** it differs and whether that movement remains within your selected skill tolerance.

Metrics converts the tracked body focus areas you selected in **Performance Setup & Preferences** into measurable deviation values only during the comparison. Results are not retained with the analyzed ones.

This allows **My Ultimate Swing** to quantify the movement difference between your **Master Swing** and your **Practice Swing** across the most important checkpoints of the motion sequence.

What the Metrics reveal

Depending on your selected focus areas, **My Ultimate Swing** may display measured deviations for:



- **Head movement / stability**
- **Shoulder position or shoulder tilt**
- **Grip / hand position**
- **Hand distance from the body**
- **Spine position**
- **Pelvis position or pelvis tilt**
- **Knee movement or knee bend**
- **Foot position / stance alignment**

Each value shows the amount of movement drift relative to your saved Master Reference.

Understanding the Focus Area Aids

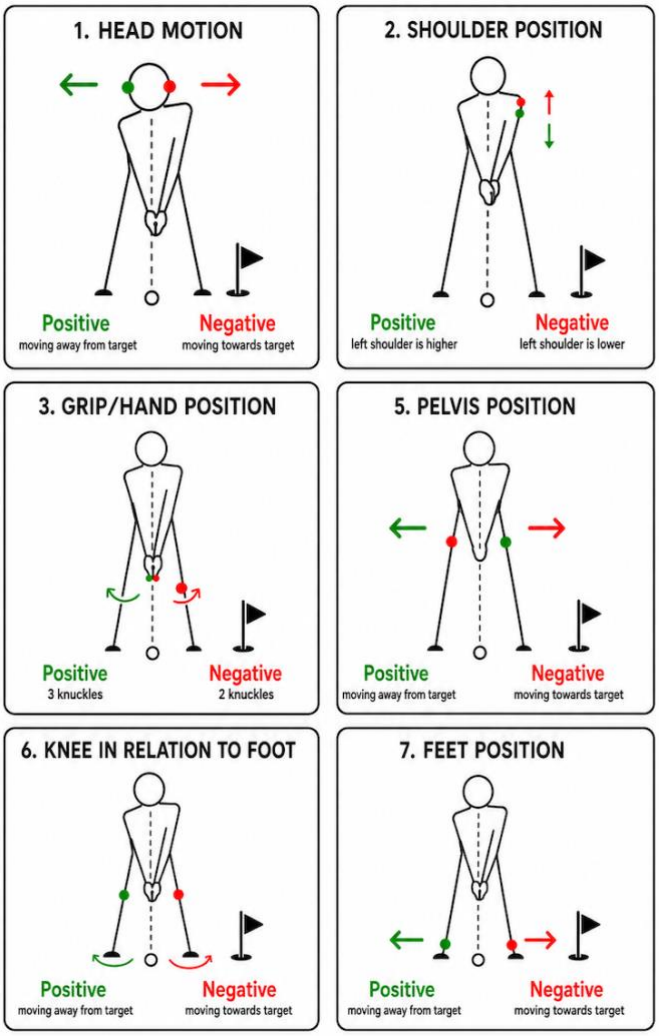
The Focus Area aids show how **My Ultimate Swing** interprets movement differences from both the **Front View** and **Side View** camera positions.

The **Front View** is most useful for measuring side-to-side movement such as head motion, shoulder position, hand/grip position, pelvis movement, knee movement, and foot position. The **Side View** is most useful for measuring forward/backward or vertical movement such as head movement, shoulder tilt, hand distance from the body, spine position, pelvis tilt, knee bend, and feet stance alignment.

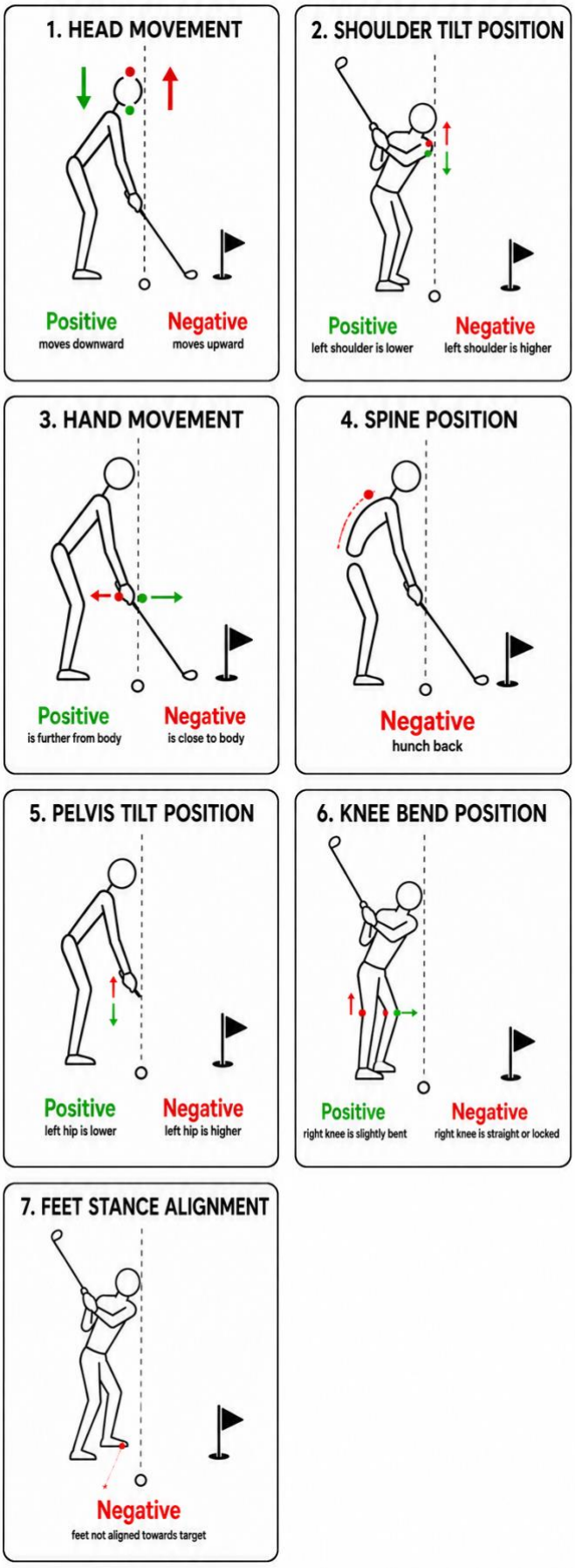
Use these aids as a visual reference when reviewing your Metrics results. They help you understand which body segment moved, in what direction, and how that movement compares to your saved Master Reference.

Positive and Negative values indicate direction of movement relative to the Master Reference. They are not automatic judgments by themselves. A movement only becomes important when it moves outside your selected tolerance or appears at a key point in the swing sequence.

Front View Focus Areas



Side View Focus Areas



When reviewing Metrics, look first at the focus area with the earliest meaningful deviation. Later deviations are often compensations caused by the first movement that changed.

Why Metrics matters!

Metrics removes guesswork from practice. Instead of relying only on feel, you can now identify:

- exactly **where** the swing changes
- **how far** it changed
- whether the change is meaningful
- what should be repeated or corrected

This is where **My Ultimate Swing** moves from video replay to **true performance intelligence.**

Pro Tip: Focus on the **first body segment that moves outside tolerance**, not the final visible error. In most swings, the first deviation is the real cause. Everything after it is often just compensation.

Best Recording Practices

The quality of your analysis begins with the quality of your capture.

My Ultimate Swing compares your current motion against your Master Reference using precise body tracking and tolerance-based deviation analysis.

For the most reliable feedback, every swing should be recorded with a consistent setup.

Small changes in camera height, angle, or distance can create false movement differences that reduce comparison accuracy.

The goal is simple: make every recording environment as repeatable as your swing.

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1) Keep the Camera Distance Consistent



Position your mobile device approximately 3 meters behind or beside your practice area, depending on the selected viewpoint.

Maintaining the same distance each time helps **My Ultimate Swing** preserve accurate body scaling, posture alignment, and swing plane comparisons.

Best practice

- use the same tripod or stable bag position
- keep the phone at the same height
- avoid moving closer for short game and farther for full swing
- use floor markers if practicing indoors

Why it matters:
Changing distance alters body proportions in the frame and may create misleading deviation results.

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2) Use the Same Camera Angle Every Time

For meaningful comparisons, your Master Reference and your Practice Swing should always be captured from the same perspective.

Choose one of the approved viewpoints:

- Front View → best for stance, ball position, shoulder alignment
- Side View → best for swing plane, posture, rotation, extension

Once selected, keep this viewpoint consistent for that club category.

Why it matters:
Comparing different viewpoints can create false posture and path differences.

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3) Keep Your Full Body Inside the Frame

Before recording, ensure your:

- head
- shoulders
- hands
- hips
- feet
- club path through impact

all remain visible inside the framing box. Avoid cutting off the feet or club during the takeaway and follow-through.

Why it matters:
Missing body segments reduce skeletal tracking precision and may hide the true source of deviation.

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4) Prioritize Stable Lighting

Use even lighting that clearly separates your body from the background.

Best environments — outdoor daylight, well-lit indoor simulator bays or range mats with consistent overhead lighting.

Avoid — strong backlighting, direct sun behind you, shadows crossing the body or dim garage lighting

Why it matters:
Clear body visibility improves motion detection and increases the reliability of focus area tracking.

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5) Match Club Type to the Recording

Always tag the correct club category after each swing — Woods, Irons, Short Game or Putting.

Each club type creates a different movement pattern, tempo, and plane expectation.

Why it matters:
Comparing an iron swing against a wood Master Reference reduces the usefulness of the deviation analysis.

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6) Use a Stable Device Position

For the best possible analysis:

- use a tripod whenever possible
- place the phone on a flat range stand
- avoid handheld recording
- avoid recording while someone else moves the phone

Even minor camera shake can introduce false movement.

Why it matters:
My Ultimate Swing measures subtle body drift. Camera movement can appear as body sway.

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7) Keep Your Recording Setup Repeatable

The highest-value habit in **My Ultimate Swing** is repeatability.

Try to keep these variables the same:

- phone height
- camera distance
- viewpoint
- club category
- practice mat position

- lighting
- background
- ball position line

The more repeatable the environment, the more trustworthy the comparison becomes.

This is how **My Ultimate Swing** transforms video into true performance intelligence.

Pro Tip: The most valuable comparisons come from swings recorded in nearly identical conditions.

When your setup remains consistent, any detected deviation is far more likely to be your movement — not environmental noise.

That is where true improvement begins.

Continue Your Training Journey

Your best swing is never built in a single session. It is built through repetition, reflection, and intentional practice.

By now, you understand how to:

- build your Master Reference
- compare your current motion against your best swing
- identify measurable deviations
- turn visual feedback into repeatable improvement

This is where real progress begins. The most powerful golfers do not simply review swings. They train the movement patterns that created them.

Take Your Insights into Drills

When your comparison reveals changes in tempo, posture, rotation, balance, or impact, the next step is focused practice.

Visit the **My Ultimate Swing** Practice Library on our website to access structured drills designed to reinforce the exact movement patterns identified during your analysis.

These drills help you transform insight into:

- better sequencing
- improved body control
- stronger impact positions
- more consistent short game mechanics
- repeatable putting confidence

Every drill is built to support the same philosophy behind **My Ultimate Swing**: train what works.

Explore the Practice Library at https://www.myultimateswing.com/practice.html

Inside the Practice Library, you'll find:

- Full Swing drills
- Rotation and body control work
- Balance and impact exercises
- Short game feel drills
- Putting consistency routines

Use your latest **My Ultimate Swing** insights to choose the drill that best supports your next improvement phase.

Build Your Personal Swing Blueprint

The combination of accurate recording, smart comparison, measurable metrics, structured drills and purposeful repetition is how golfers create lasting swing confidence.

Your blueprint becomes stronger every time you:
record → compare → understand → drill → repeat

This is how **My Ultimate Swing** turns great swings into repeatable performance.

www.myultimateswing.com

Pro Tip: Your best swing is already yours. Now train it with purpose.

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