

SAM BalanceLab

Most advanced pressure plate
for coaching

V.3



...control the invisible

Science & Motion
Sports



SAM BalanceLab

Optimize your swing.
Create more power.

- Medical proven pressure plate technology
- 2D/3D display of pressure distributions
- Left/right foot and heel/toe balance analysis
- Replay and graphical report modules
- Center of pressure + weight transfer analysis
- Innovative performance parameters
- Automatic impact detection and recording
- Synchronized video recording
- Live feedback and training mode
- Launch monitor integration

Stop the guesswork & start to rely on facts

SAM BalanceLab is an ultra-high resolution pressure plate to evaluate balance and weight transfer during a golf swing. The pressure signals and synchronized video are recorded in parallel and then interactively analyzed in detail. Poor balance and an irregular weight shift are often responsible for swing flaws resulting in an unsatisfactory outcome of the shot.

Applications of SAM BalanceLab

Teaching & Playing Pros

Golf Clubs

Indoor Centers

Fitting Centers

Golf Stores

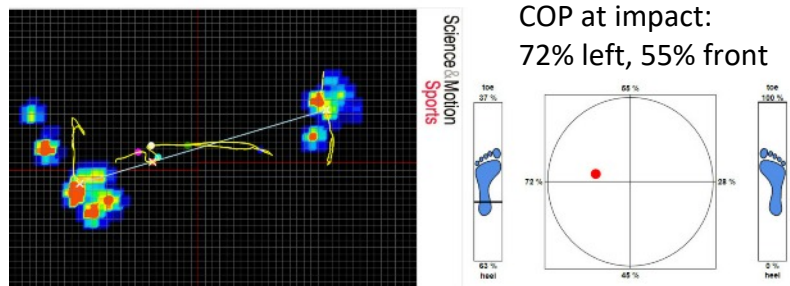
Manufacturers

How balance affects the swing

Poor balance - a frequent trigger of a miss-hit golf shot!

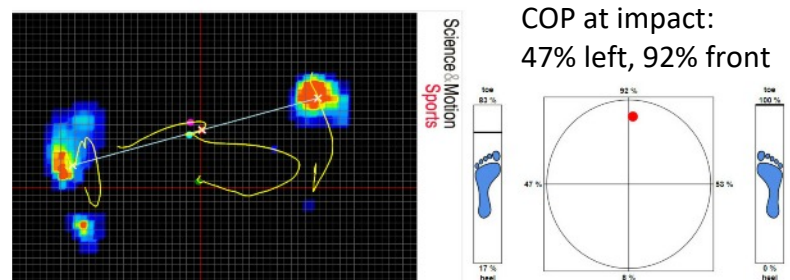
Well balanced swing

On the right you can see a quite efficient weight shift of an US Tour player (Iron 5). Backswing and forward swing are in the same plane. At impact the COP is 72% at the front foot with an almost even heel/toe balance with 55%. The club head can freely accelerate through impact on the target line to create power and control.



Weight too far towards toe

Insufficient weight shift and uneven balance in heel/toe direction are common flaws in poor golf shots. The lower picture shows the COP at impact with a lack of weight shift to the left with only 47% as well as a balance too much forward at the toes with 92%. Improper balance will reduce the power at impact and may lead to an out to in swing plane, promoting a pull, slice or fade.



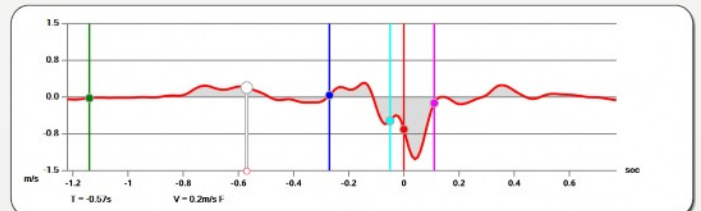
SAM BalanceLab 3 Ultimate Edition

Performance Parameters

The SAM BalanceLab 3 Ultimate Edition introduces innovative *Performance Parameters* and *extended data curve diagrams* to objectively analyze ground reaction forces in a golf swing.

The Performance Parameters are grouped into three functional categories for SETUP, POWER and CONTROL, and are calculated based on corresponding data curves for COP position, COP movement and downforce.

Using the Performance Parameters and the extended data curves in combination with the launch monitor data is a perfect tool to systematically optimize the individual weight transfer characteristics in relation to distance, ball flight and consistency.

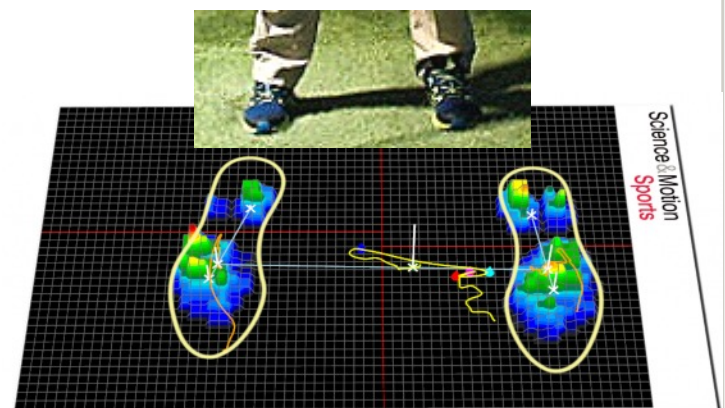


Example for data curve: front/back COP movement

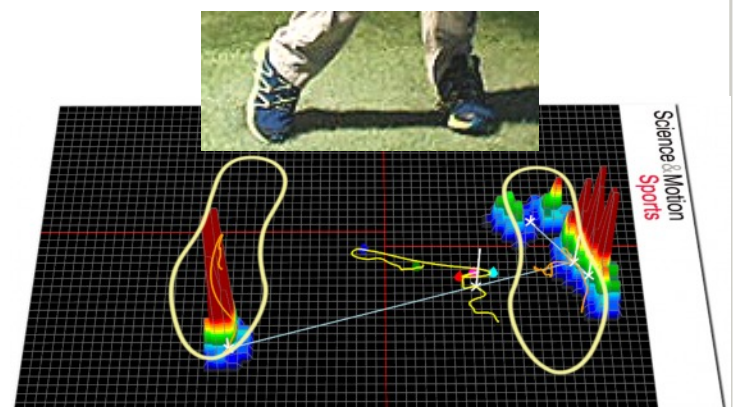
Automatic feet detection

Another new feature in BalanceLab 3 is the automatic feet detection: In setup position or during a stable phase when the player stands on the plate without moving, the position of the feet will be detected and stored. Based on this setup position the software can display the feet in the graphics and the user is able to see what changes appear in foot position during the swing (see examples on the right).

Besides this the alignment of each foot, the stance direction and the stance angle will be analyzed and displayed in the Performance Parameter view (see article above). As additional advantage the separation lines (split position) will be set automatically in the feet detection process.



Foot positions in player setup

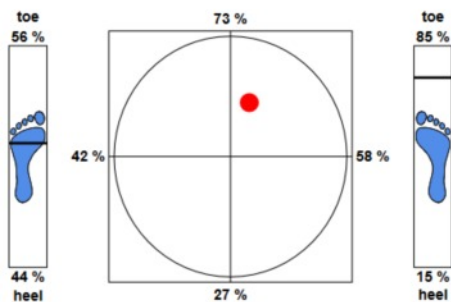


Foot positions in "follow through"

SAM BalanceLab data & result views

Different data views for complete analysis of all relevant aspects

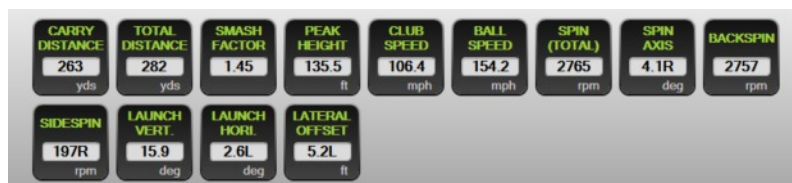
Data views are presented in screen graphics and as printable PDF reports. Reports can also be sent by Email directly from the software.



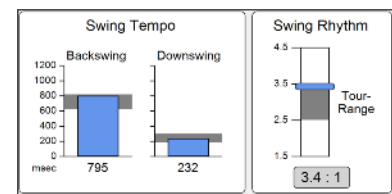
Total body balance and detailed left/right foot balance



Detailed balance data for all swing positions



Launch monitor data view



Swing tempo / rhythm

SAM BalanceLab - ultra high precision pressure plate



Computer requirements

- Windows 7/8/10 - 32/64 Bit
- i5/i7 CPU, 8 GB RAM or better
- Harddisk minimum 200 GB
- USB2, USB3 or Ethernet camera

Improve your game with SAM BalanceLab

What the experts say...



"The SAM BalanceLab has allowed me to see the invisible. Things that I would not be able to see on video or with the naked eye are now very apparent to me.

BalanceLab is an incredible piece of equipment to understand why people move the way they do. My only regret is I didn't have it 25 years ago."

MARTIN HALL, 2008 PGA of America National Teacher of the Year



"As someone who has been trained in Biomechanics and over 40 years of teaching experience, I can honestly say that the SAM BalanceLab is the most accurate piece of equipment on the market. It

not only analyzes the ground reaction forces accurately but also arms you the teacher to interpret the information efficiently."

DR. JIM SUTTIE, 2000 PGA National Teacher of the Year

SAM BalanceLab Editions

Feature	Pro Edition	Ultimate Edition
Club type selection	•	•
Automatic hit detection (Microphone is provided)	•	•
Impact detection and automatic data crop	•	•
Extended Reports	–	•
Improved camera interface	•	•
Performance Parameters	–	•
Extended data curves	–	•
Automatic feet detection and stance analysis	–	•
Surface protection turf	–	•
Launch Monitor Integration (Trackman/Flightscope/Foresight)	–	•