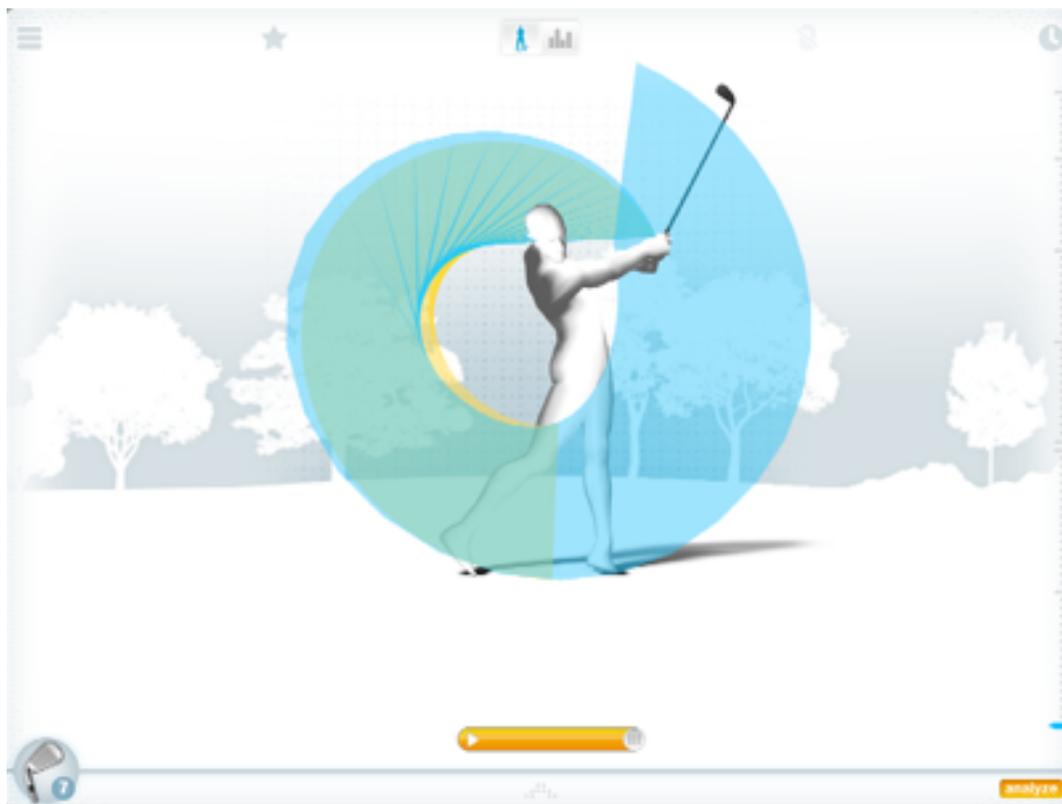


# GolfSense 3.0 User Guide

Instructional guide for GolfSense sensor device



Zepp Labs, Inc.

[www.zepp.com](http://www.zepp.com)

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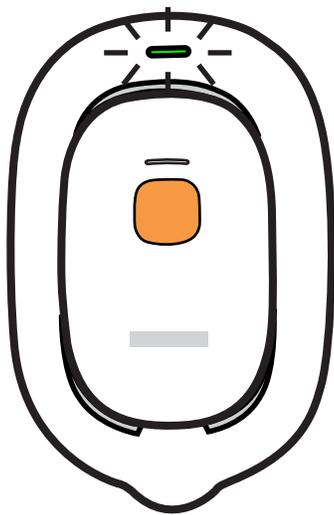
Version 3.0 | August 2013

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Click on Page Numbers to jump ahead.





Charge until the light  
turns green.



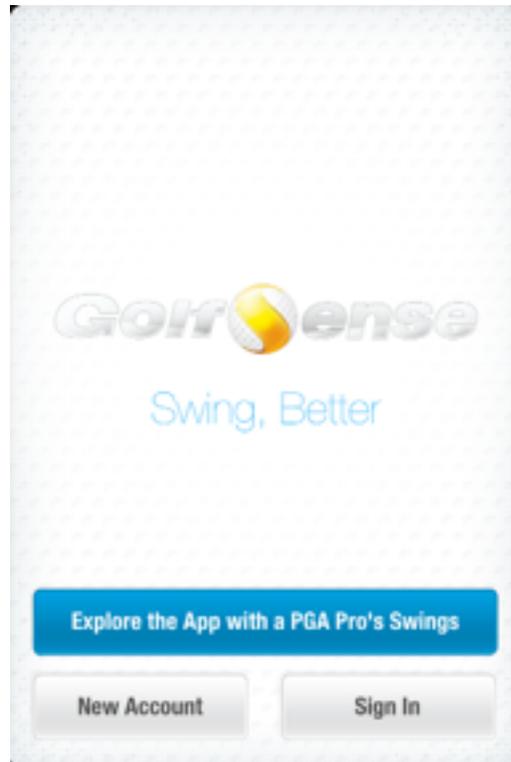
Hold for 3 seconds to  
power on  
GolfSense device

## Turning on GolfSense



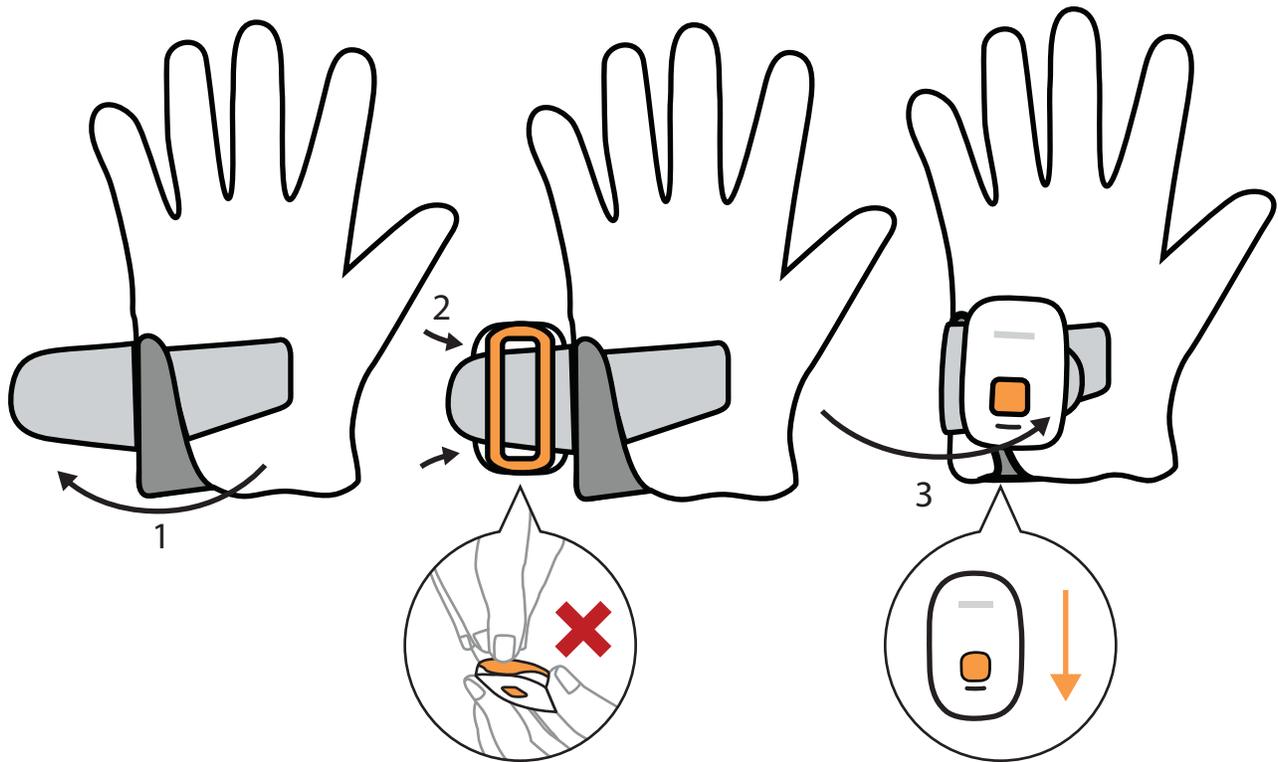
Launch Phone Settings, turn on Bluetooth, when you see GolfSense appear, tap it to connect.

Launch GolfSense app, tap *New Account* to create your account.



# First Time App Use

**Caution:** *Rubber belt is not removable!*



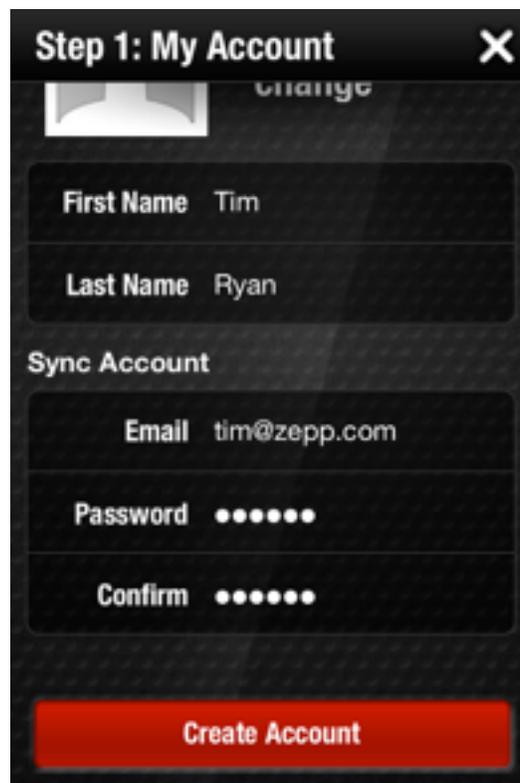
1. Undo velcro strap
2. Slide strap in between rubber belt and device
3. Put on glove and pull velcro strap closed

Attaching GolfSense to your glove

## **Setting up Your Account**

## Setting up Your Account

To Register your account tap the new account.  
Step 1: Follow the prompt to enter First Name, Last Name, Email and Password.  
Tap the red Create Account when complete.



The screenshot shows a registration form titled "Step 1: My Account" with a close button (X) in the top right corner. The form includes a profile picture placeholder with a "change" link, and input fields for "First Name" (Tim), "Last Name" (Ryan), "Email" (tim@zepp.com), "Password" (masked with dots), and "Confirm" (masked with dots). A red "Create Account" button is located at the bottom of the form.

Congratulations! Account created, tap next.

# Account Set Up > New Account

Continue to Step 2: Account Details

Enter Age, Gender, Height, and Hand.  
Increase accuracy by setting your grip posture. Vertical is Shaft position  
Horizontal is grip position

← Step 2: Account Details

Age 26

Gender Male

Height 6' 0"

Handed Right

Grip 10\_3 >

HandiCap 0.0

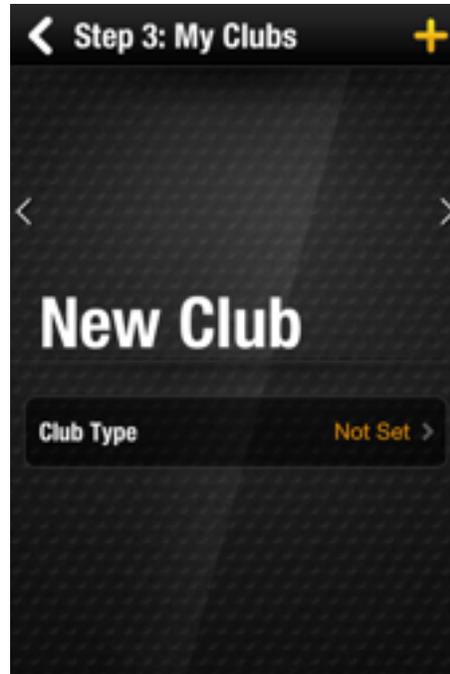
Authority USGA >

Voice Prompt  ON

Units Imperial >

Next

Tap Next when complete



### Step 3: My Clubs

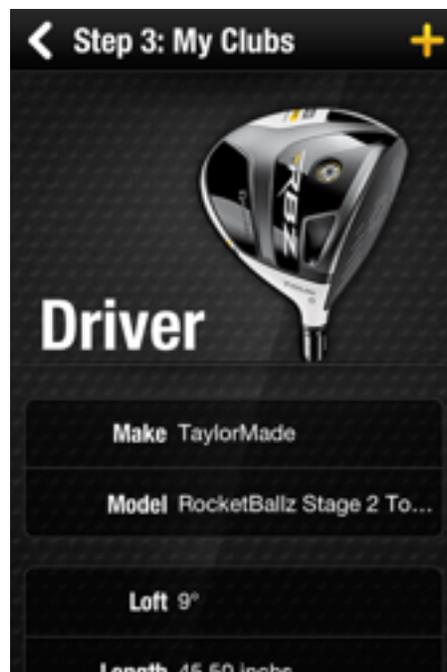
Add a club by tapping the + icon in the upper right corner

Select your Club Type

Customize Make, Model and other settings

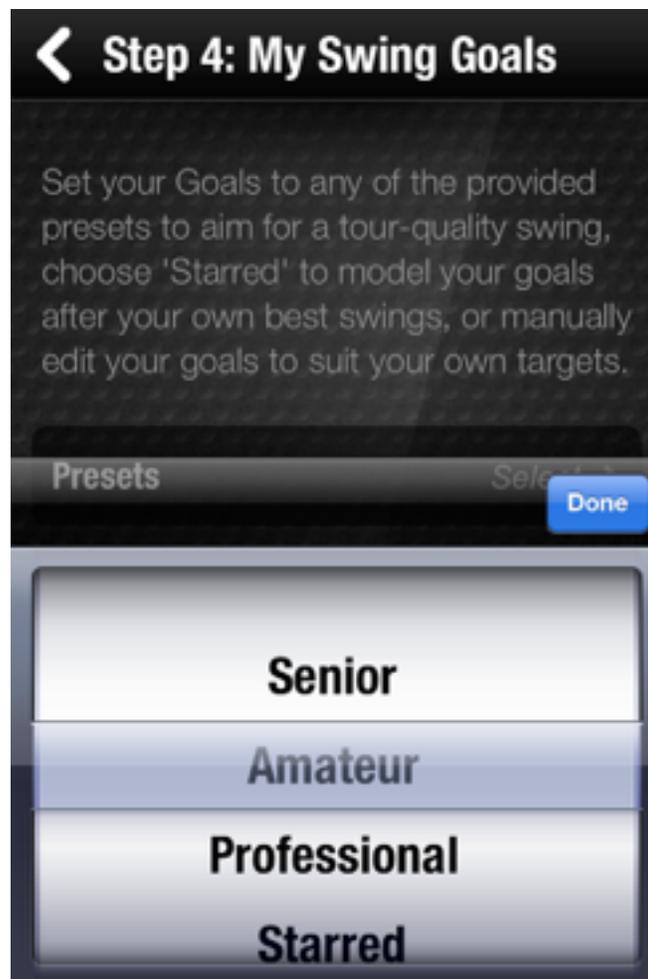
Save club and add others

Select Next to continue

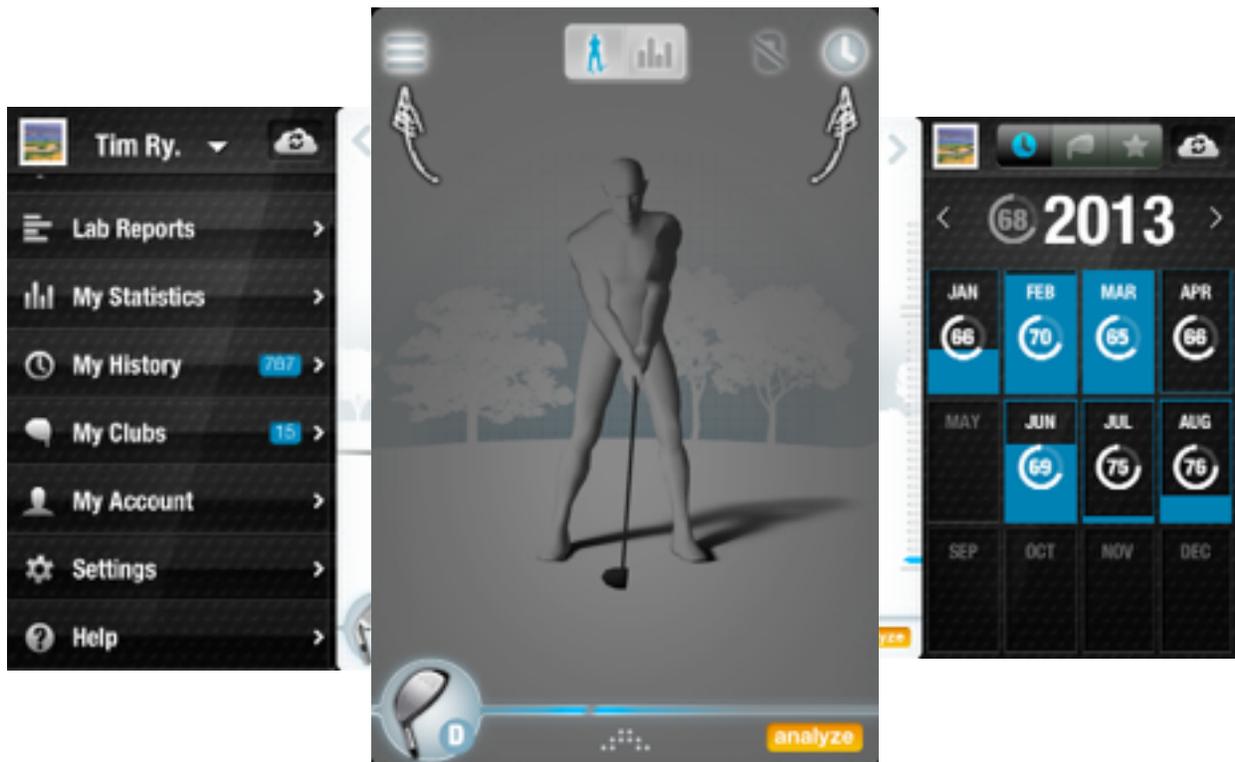


### Step 4: My Swing Goals

Set your Goals to any of the provided presets to aim for a tour-quality swing. Choose 'Starred' to model your goals after your own best swings, or manually edit your goals to suit your own targets.



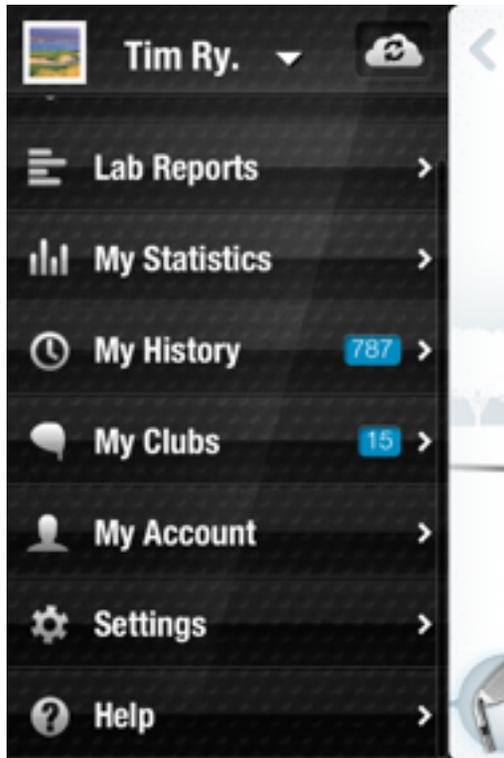
The app is split into three main screens. Main Menu, Swing Screen and History. Use the arrows and icons at the top to move between the screens.



Navigation

# Main Menu

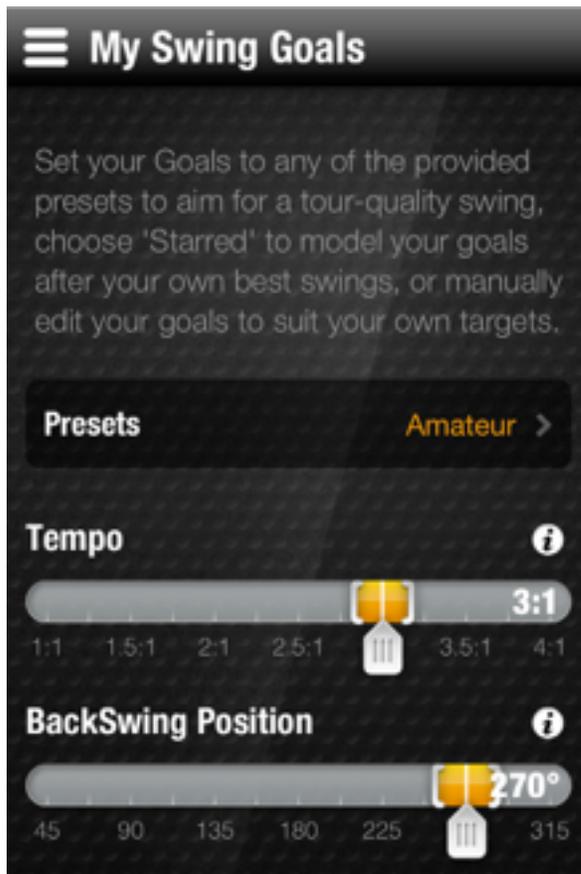
## Main Menu



The main menu screen is your go to for all of your account info. This is the screen that you will use for Swing Goals, Lab Reports, Stats, History and Clubs. To slide over to the 3D golfer screen, swipe your finger left to right.

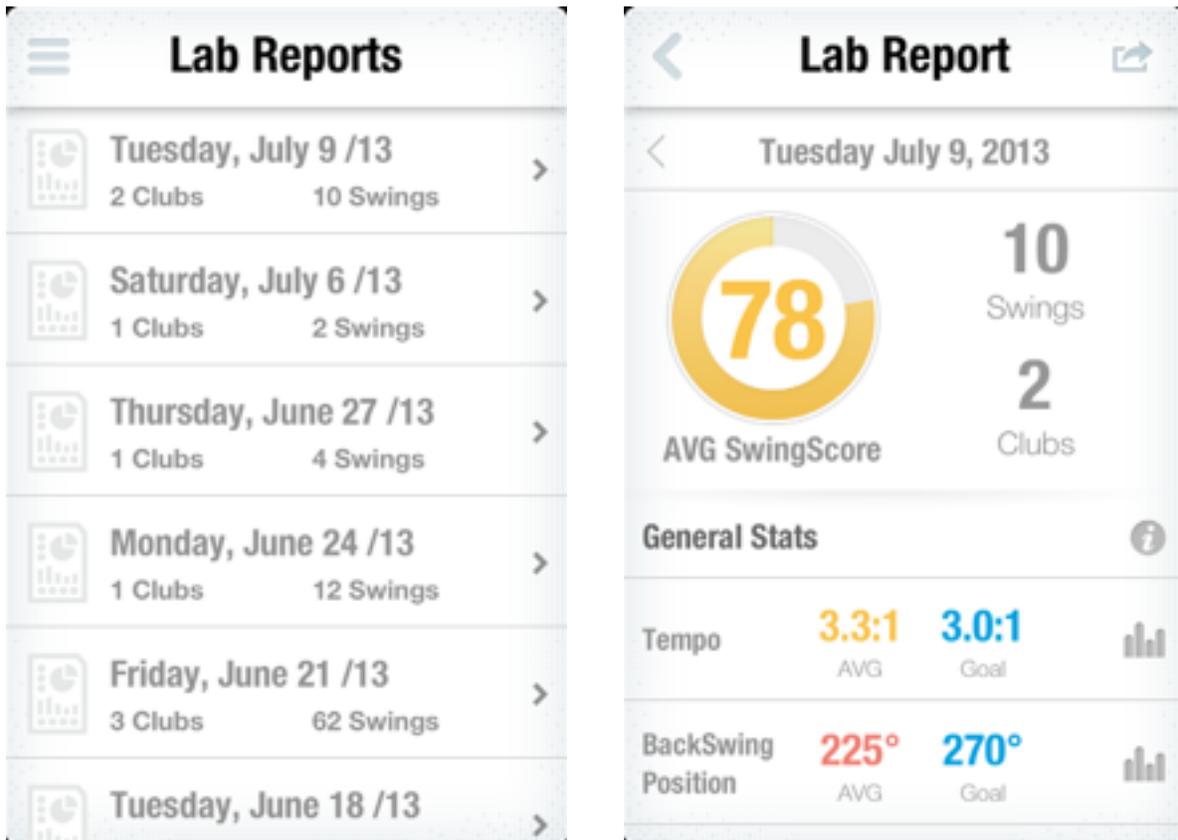
The account icon is your user name and the arrow in the upper left part of the screen. Sign into another account or register a new account by tapping this arrow.

## Main Menu



Set your goals to any of the provided presets to aim for a tour-quality swing, choose 'Starred' to model your goals after your own best swings, or manually edit your goals to suit your own targets.

Lab Reports are daily reports of your stats and goals. Each report can be accessed by tapping “Analyze” or from the main navigation menu.



The Lab Report will give you detailed feedback about tips & tutorials. You can also see what you need to focus on to achieve your goals. This can also be viewable in email.

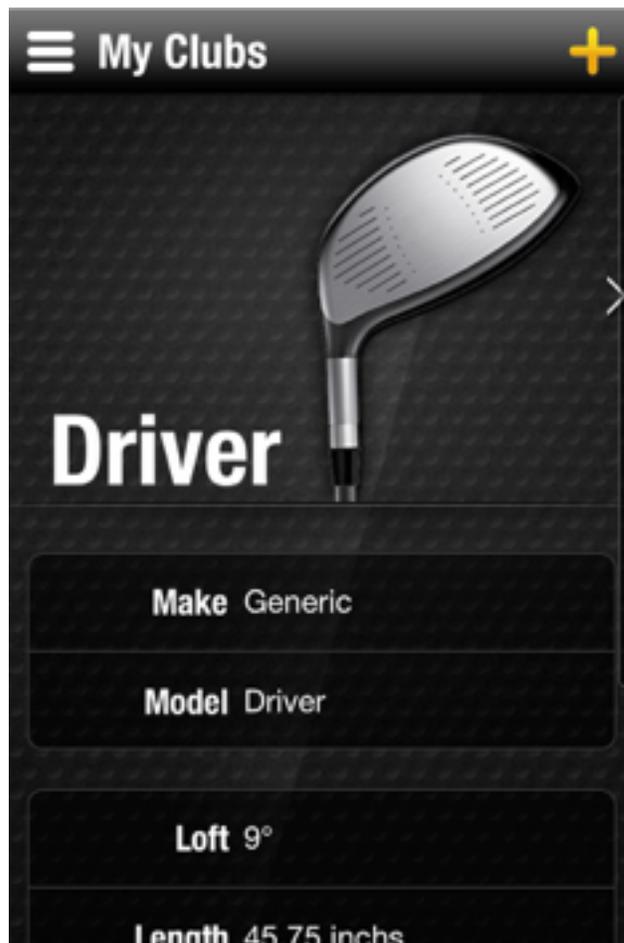
View a dashboard of swing data showing swing score over time and total swings. This data also shows favorite club and most used club.



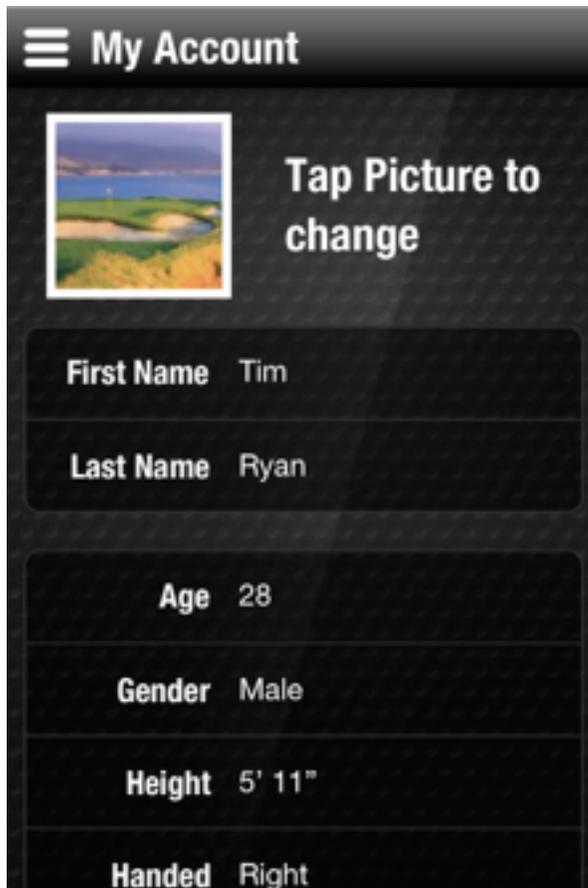
View your history by month, club and favorite swings.



Tap to slide over to your swing history.

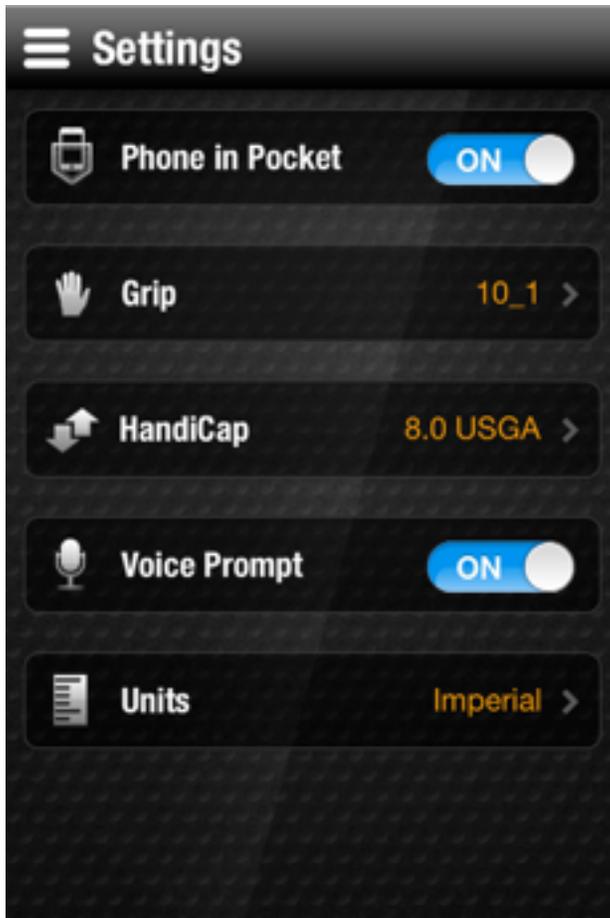


Customize your clubs by tapping the “+” to add a new club. Select your type, make and model.



Edit your account details. Change your email and password. You can also adjust your units from imperial to metric.

MAIN MENU > MY ACCOUNT



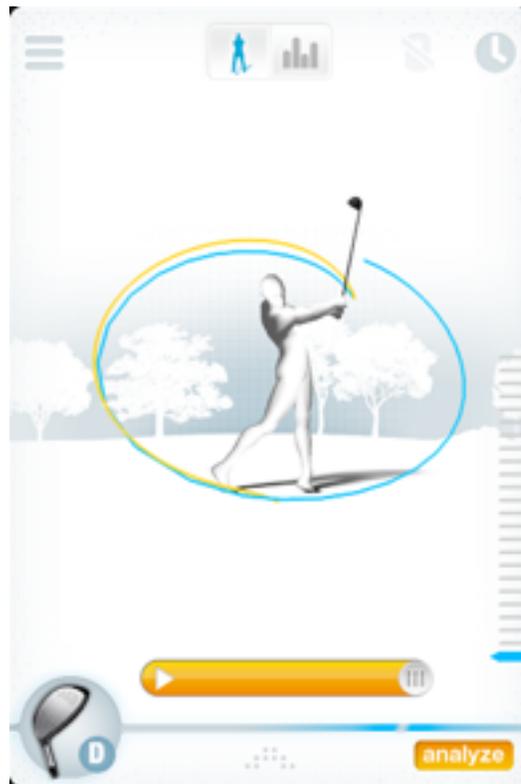
Edit your settings.  
Change your grip,  
turn OFF/ON voice  
prompt and turn on  
the phone in pocket  
for hip rotation  
capture.

MAIN MENU > MY SETTINGS

# Swing Screen

## Swing Screen

This is where the magic happens. The 3D view is the main screen where you can review your sensor data. Tap the three bars to go back to the main menu. Or tap the clock icon to review your history.

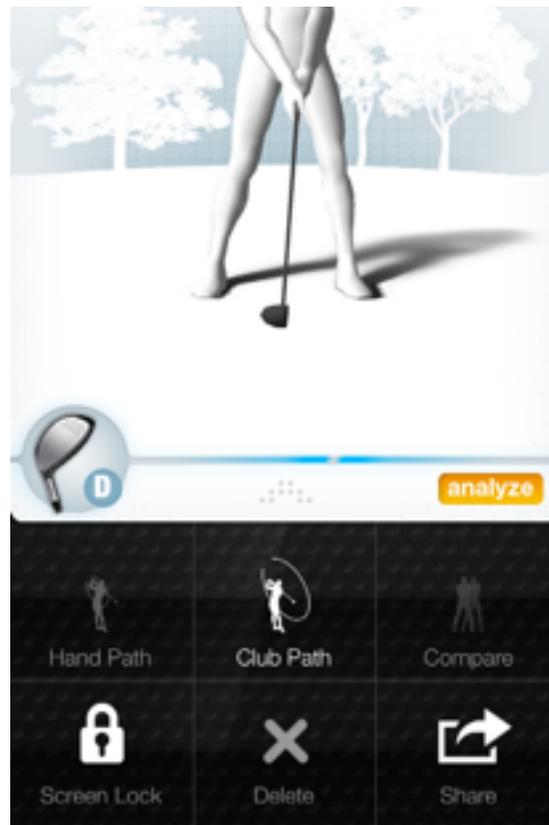


Orange color is your backswing and blue is your downswing. Move your finger to rotate the swing. Swipe down for an overhead view. Pinch and pull to zoom in and out. The playback bar at the bottom will replay your swing. If you tap the screen you can see your SwingScore.



Tap the club icon in the lower left. Switch between clubs by swiping left or right.

SWING SCREEN > SWITCH CLUBS

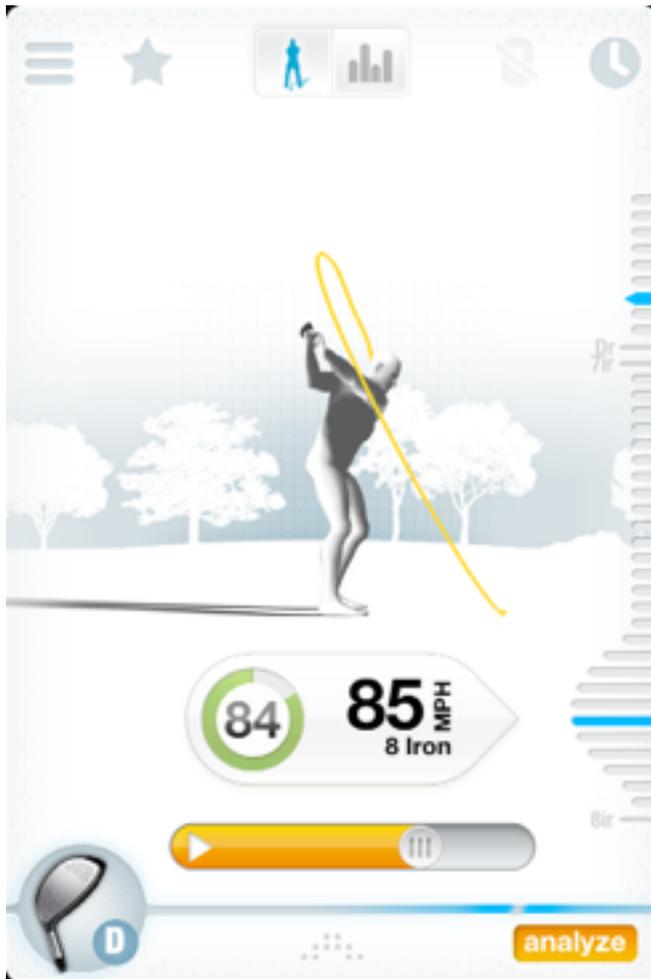


Choose between hand path, club path and club plane. Compare, delete and share swings.

SWING SCREEN > SWIPE UP ARROW



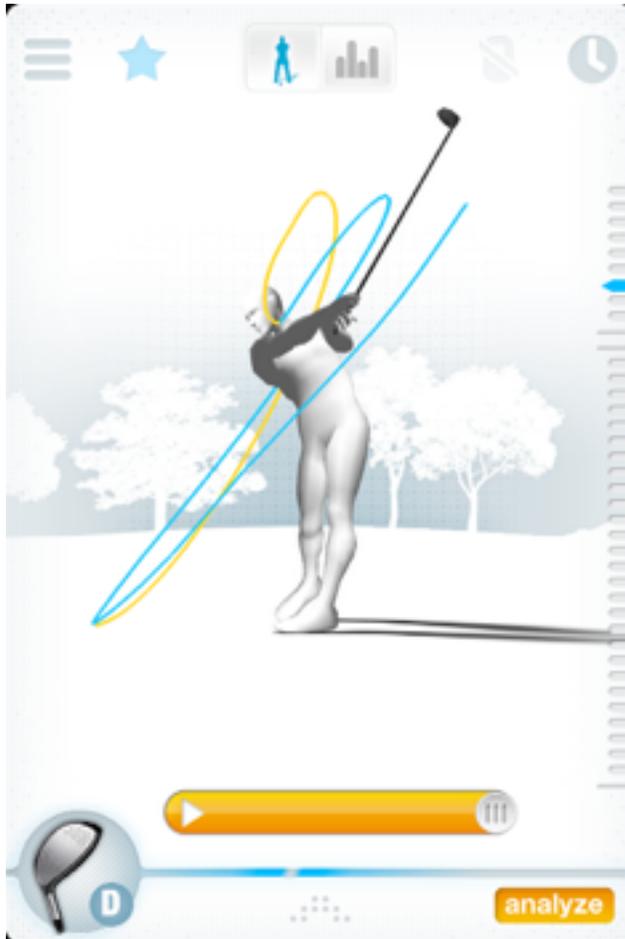
Tap Analyze in the lower right for a Lab Report about the current session. This will give you an analysis of all of your day's data.



On the right part of the screen are all of your swings for the day. The most recent swings are on the bottom while oldest swings are on the top.

These swings are labeled by club and will note your SwingScore and speed. Drag your finger over the bars to choose a swing.

## Swing Screen > History Scroll

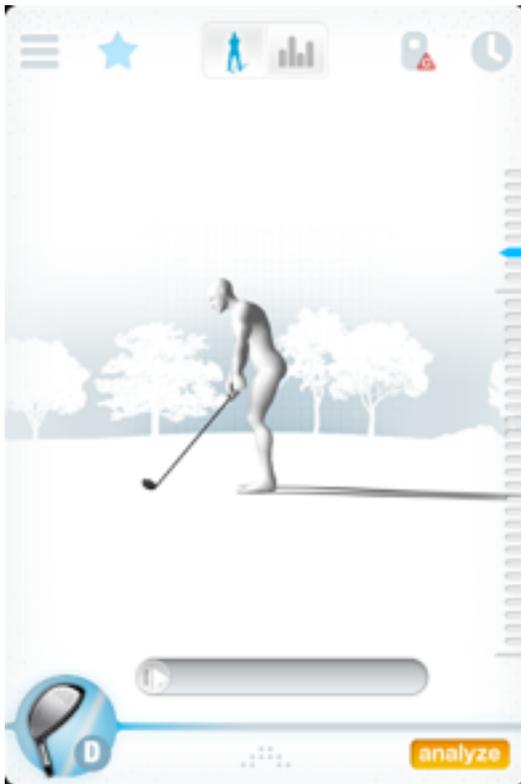


Remember your favorite and important swings by tapping on the star icon at the top of the screen. This is a useful tool for remembering your swing data.

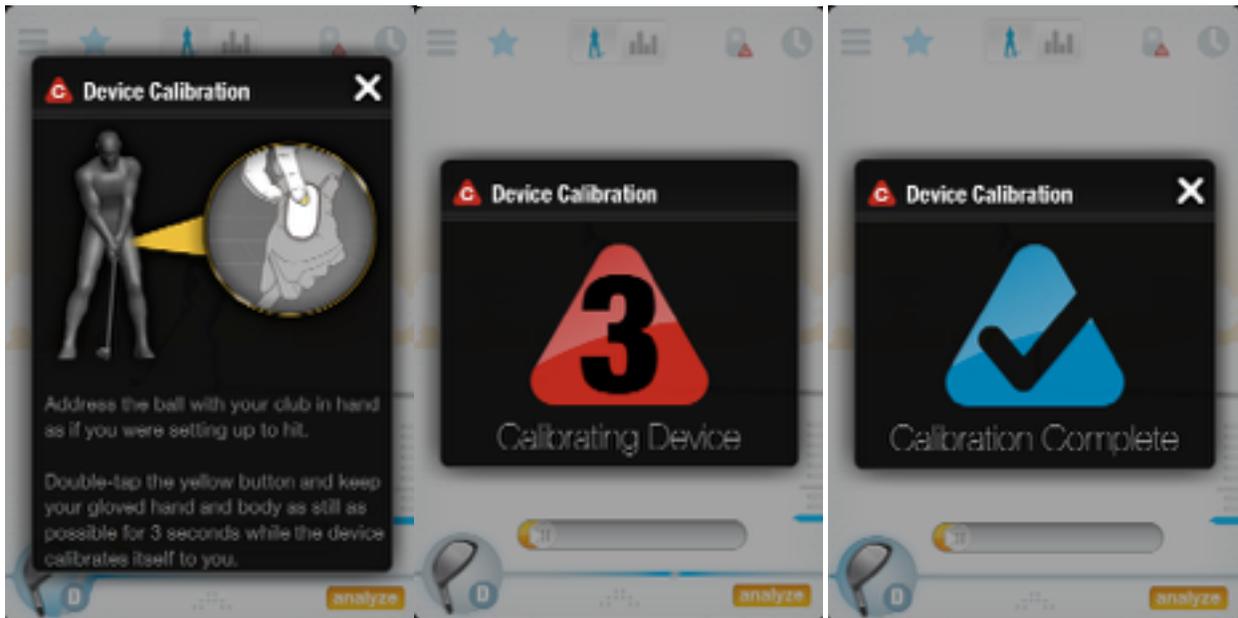


Flip the screen to your data dashboard. Tap the golfer or data icons in the center navigation. Here you can use the data screen to see what your numbers are based on your goals.

Green is good, yellow is OK and red needs improvement. Tap an individual metric to dig deeper and focus on improving that area of your game. This is the focus screen.



To calibrate your swing, tap the sensor icon with the red 'C' in the upper part of the screen. Follow the instructions and remain still while calibrating.



SWING SCREEN > CALIBRATE

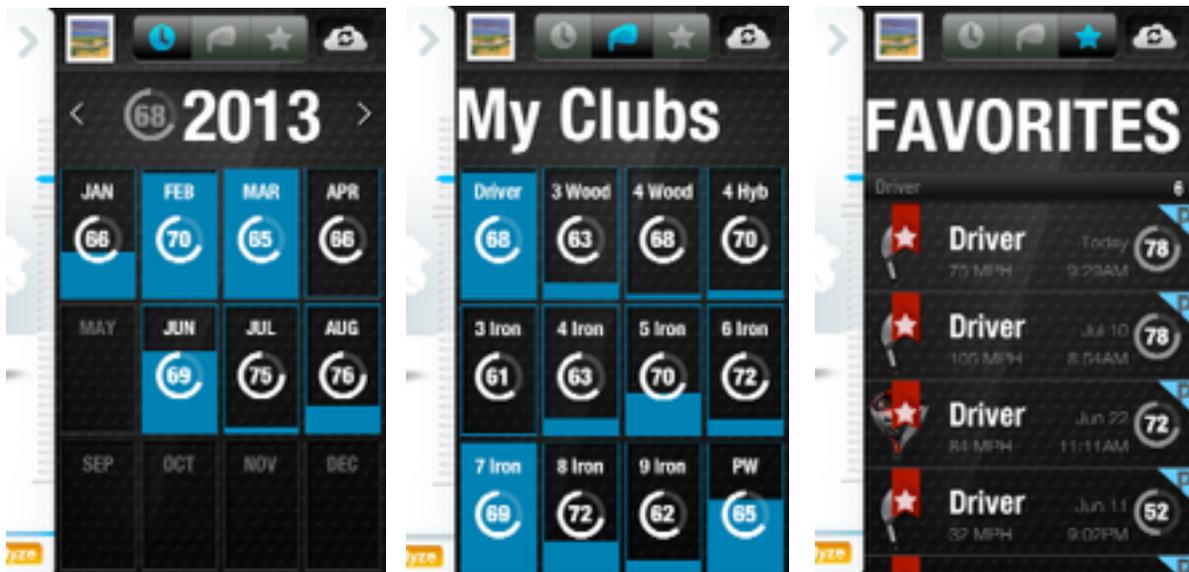
# History

# History



The history screen is the far right of the app. This is where you can access all of your historical swings. Review your swings over time, by club and by favorites.

Tap the icon to review your history by year, month and day. Your swing score will be displayed in a circle, along with the total number of swings. The more swings that you have for that month, the fuller your history will be.

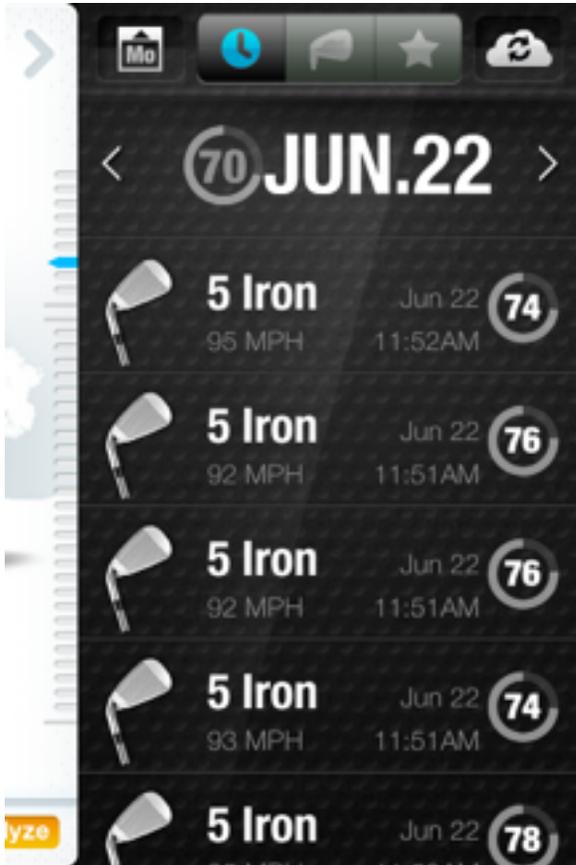


HISTORY > CLOCK ICON



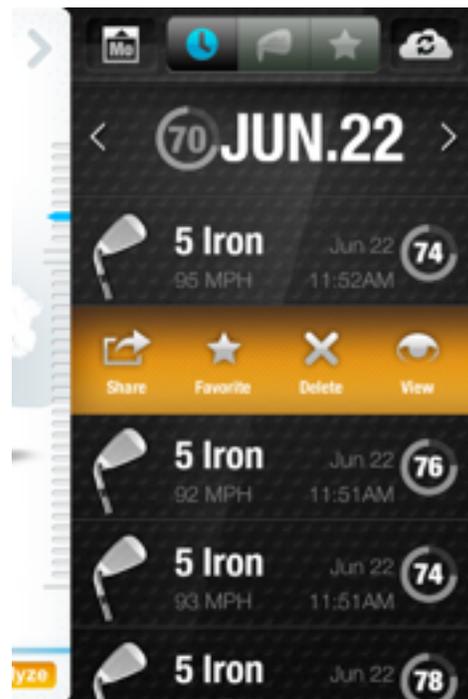
When you tap a month, your history will be viewable for all of the days you have swings. For the days that you have more swings, your history will be fuller. Tap a day of the month to review that day's swings.

HISTORY> BY MONTH



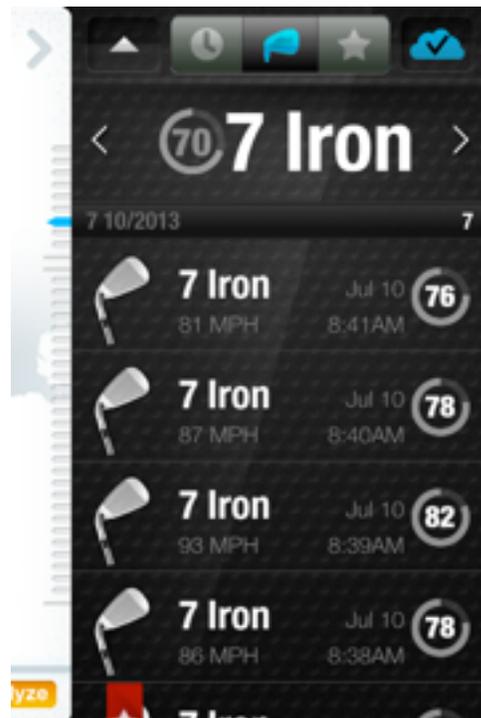
The SwingScore for that day is at the top of the screen.

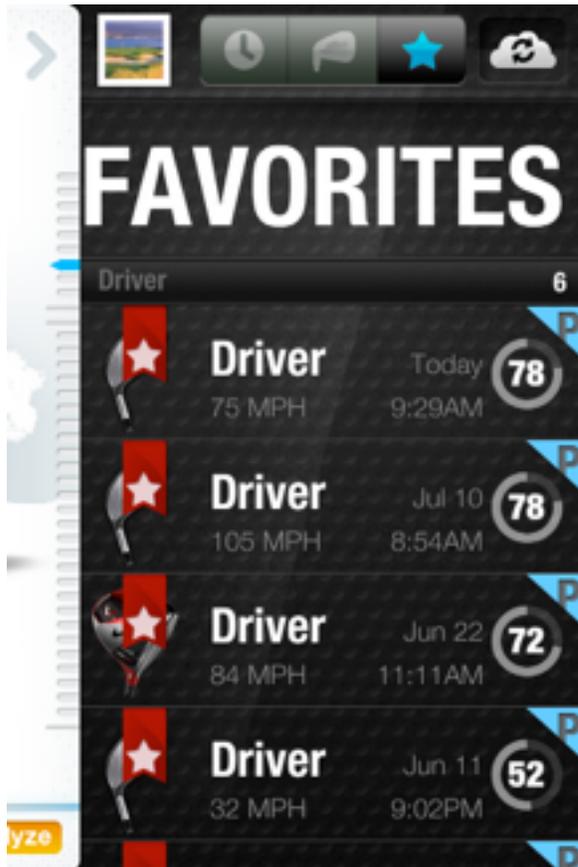
All of your swings will be sorted by club. Scroll your finger down to review your swings. When you come to a swing to review, tap it to view. You can also delete, star as a favorite, share, or view by swiping your finger right to left.





Tap the Club icon in the upper navigation. All of your clubs will be viewable with SwingScore in a circle. The more often that you use a club, the fuller the blue background will be filled up. When you select a club, these swings will be sorted by date. Scroll your finger down to review your swings. When you come to a swing to review, tap it to view. You can also delete, star as a favorite, share, or view by swiping your finger right to left.





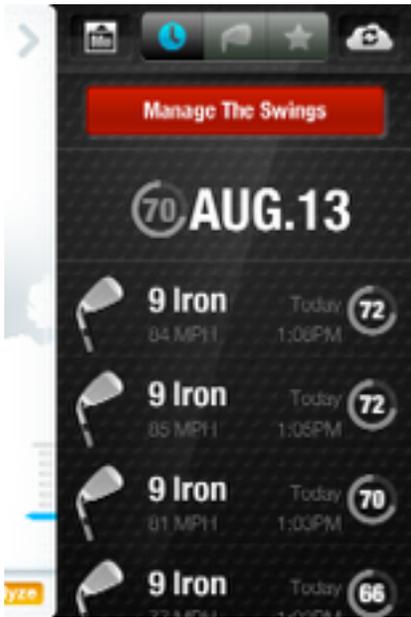
Star swings to remember favorite or important shots.

You can mark a favorite swing by tapping on the star icon in the Swing screen or by swiping right on a swing and selecting favorite.

Review your favorite swings in your history. In the upper navigation, tap the star icon.

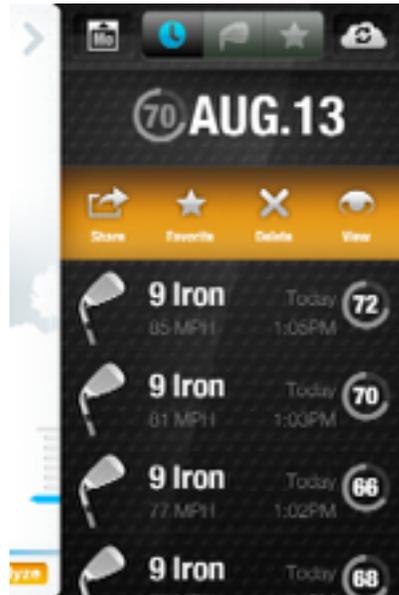
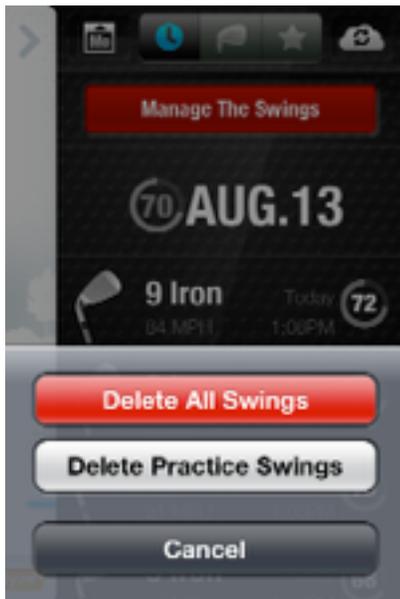
This will list all of your favorite shots by club

HISTORY > FAVORITE SWING



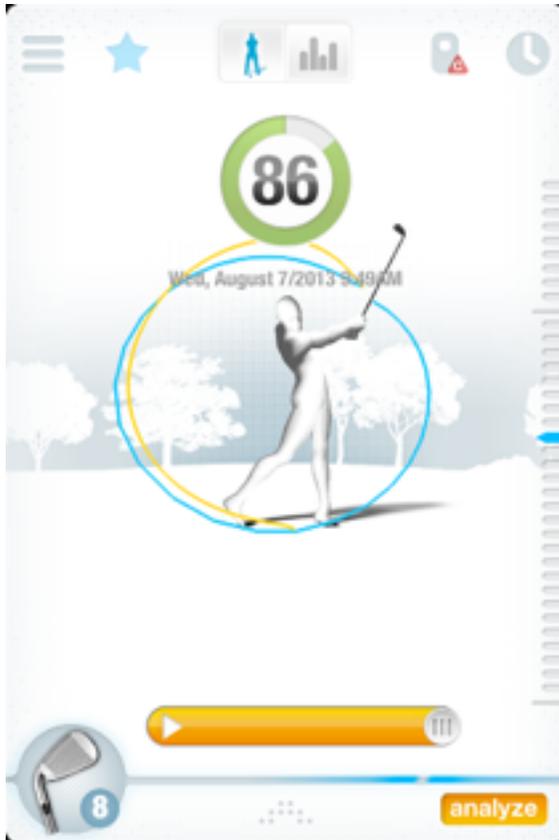
In your history screen, you can delete multiple swings by swiping down on the date.

To delete an individual swing, swipe your finger right on the swing and tap the delete icon.

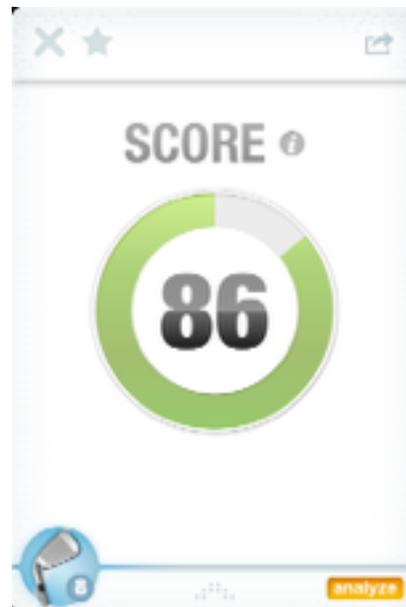


# Analysis

# Analysis



Swing Score is the measurement of your combined swing metrics and swing goals. It is based off of five swing metrics including speed, tempo, club plane, hand plane and shaft position.



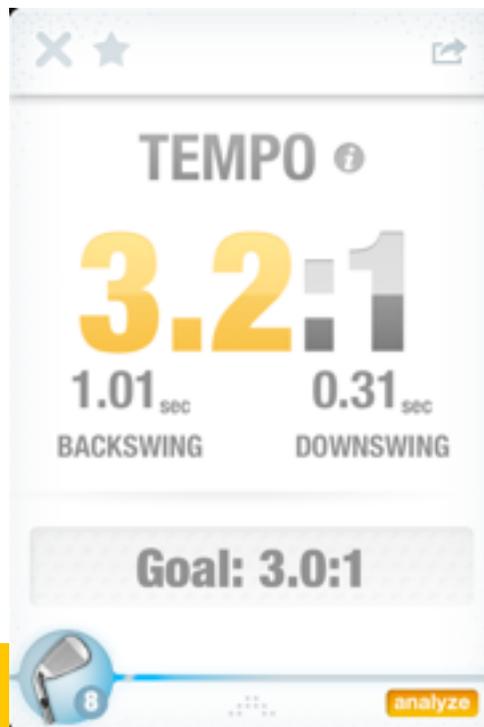
## Analysis > Swing Score

**Defined:** The ratio of the measured time in seconds it takes to make a back swing versus the measured rate of time in seconds it takes to make a downswing until impact. Tempo is the natural rhythm and timing of the swing. You want your swing to not only happen in a timely manner but in a consistent way with every swing.



**Standards:** A golf professional's average time for the backswing is 0.82 seconds, with an additional 0.27 seconds to make the down swing to impact. That is an ideal ratio of 3:1. Most amateurs get into trouble with inconsistent changing tempo from swing to swing. Usually your downswing time in the Tempo screen is consistently the same. It's your backswing time that is the culprit, changing from swing to swing.

Analysis >



Tempo

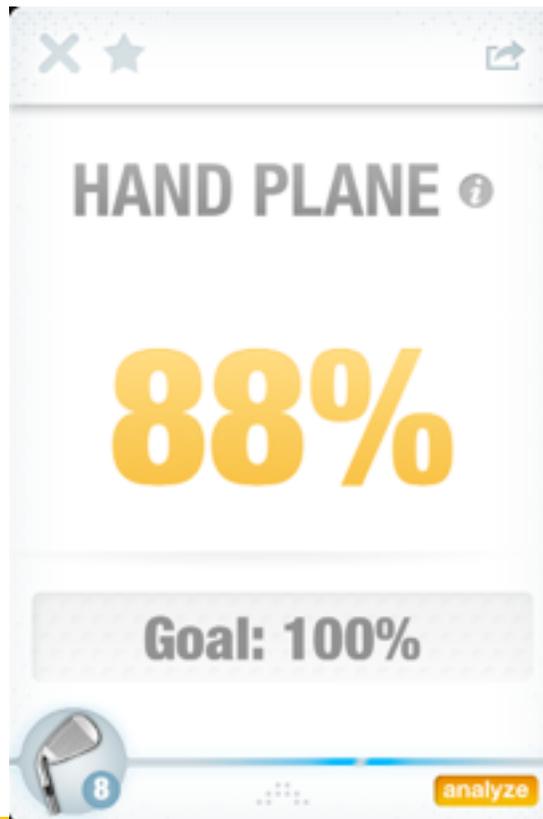
**Quick Tip:** If your tempo is less than the 3-1 ratio, try slowing down your backswing. If it is more than the 3-1 ratio, then work on speeding up your backswing. You will immediately see a change in your numbers and with practice you will learn to swing in time!

**Defined:** This measures the path your hands make in the backswing compared to the path they make on the downswing. Ideally, the higher the percentage, the better the golf swing.



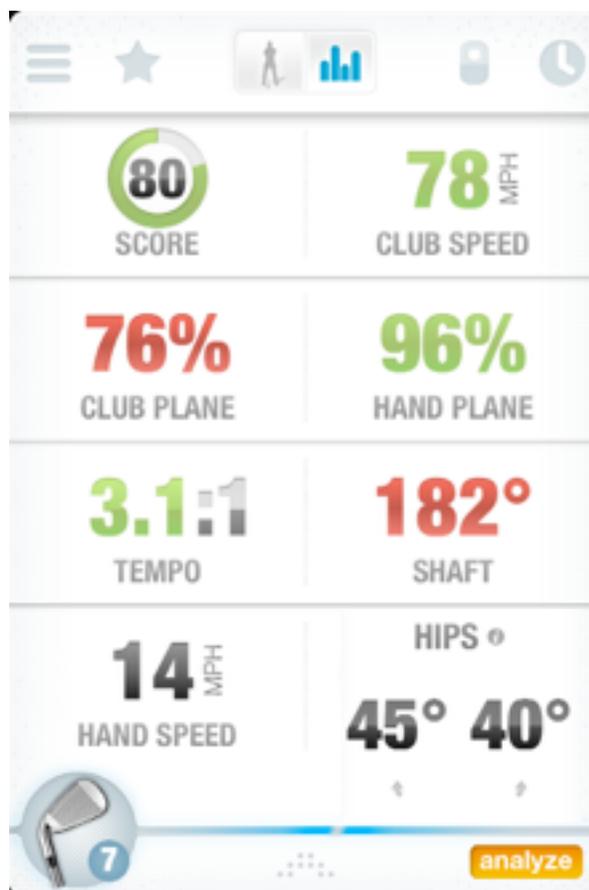
## Hand Plane

**Standards:** Hand Plane is an important feature because the club head will follow where the hands go. Most professionals are at 90 -100 percent matching. Amateurs have a much harder time matching hand path. The majority have a hand



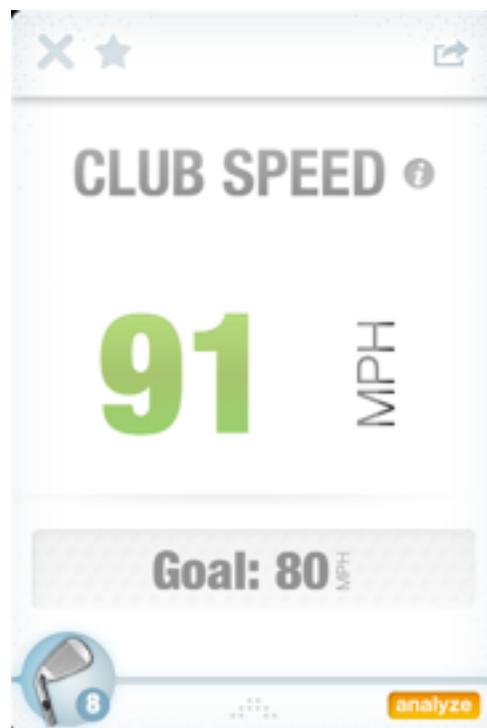
**Quick Tip:** When practicing at the range, make 50 swings, without hitting golf balls, changing your hand path shape to one that goes out and up and drops back in, exaggerating a big loop. Use the app to see the changed path, then try the same motion on a ball.

**Defined:** This is a measure in miles per hour (MPH) of how fast your clubhead is traveling at the point it impacts the golf ball. Max Speed = The maximum club head speed reached on your down swing. Impact Speed = The speed of the club at impact. The club actually slows down when you hit the ball.



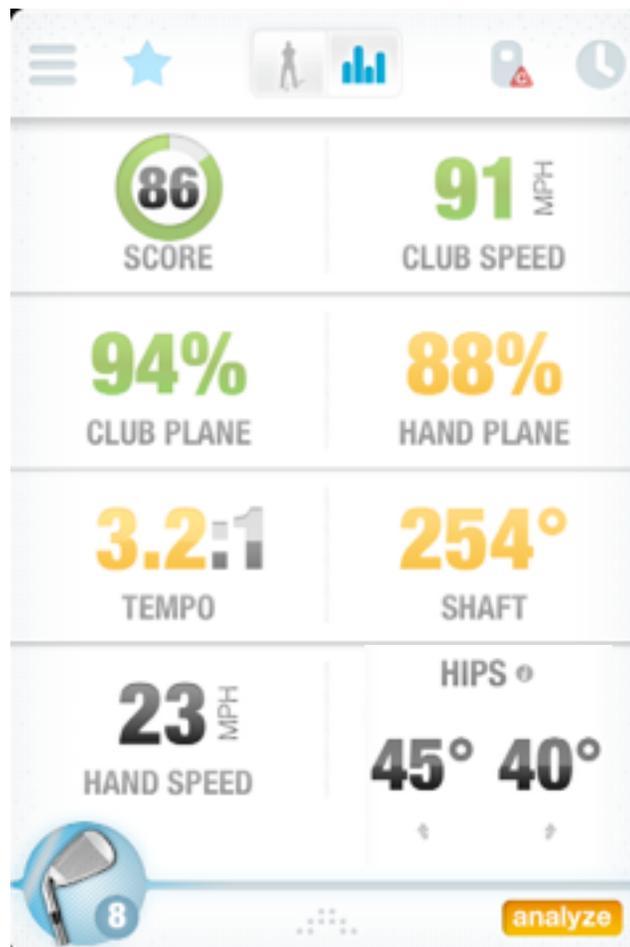
**Standards:** For golf professionals, a typical driver clubhead speed is 110-115 mph and for women professionals, it's 90-100 mph. Most "average" golfers don't approach those speeds. A typical recreational male is swinging somewhere in the neighborhood of 85 mph, while a typical amateur female golfer is about 65 mph.

Speed



*Quick Tip:* A good tip to increase clubhead speed is to make sure you are making a full backswing at 270 degrees. (See Backswing Position) Every 20-30 degrees more on your backswing equals an increase of clubhead speed of 5 mph.

**Defined:** This is the measurement of degrees of the angle of the club shaft between address and the top of backswing. This is measured by the change in angle at address to the angle at the top of the swing. At address the club is at zero (0) degrees. At the top of the swing it is 270 degrees.



## Shaft

**Standards:** The optimal backswing or FULL swing is at 270 degrees, where the golf shaft is parallel to the ground or pointing at the target.

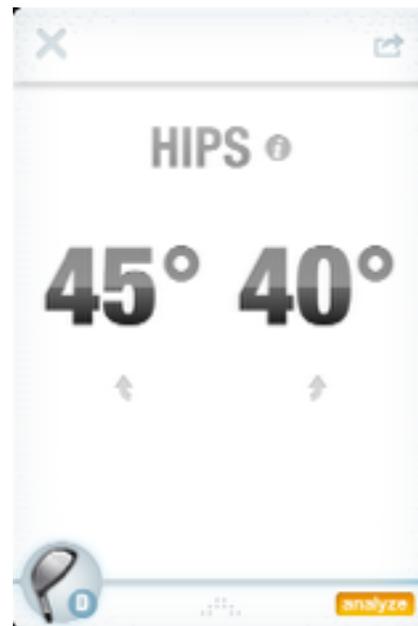
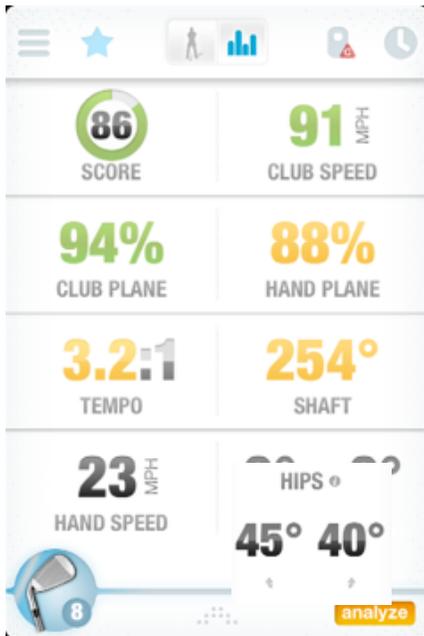
Most golf professional average 270 degrees getting to a full swing. Most amateur golfers are at 230 -250 degrees.

## Position



**Quick Tip:** For maximum desired speed results, it is important that you try to make as long of a backswing as possible. In turn, you also want to make sure you do NOT go past 270 degrees, because it is often hard to get back to the ball in good time. A great way to ensure you get this position is to use a full-length mirror as you watch your own swing placing the club at 270 degrees.

**Defined:** This measures the degrees you rotate your hips on the backswing and then the degrees of rotation at impact.

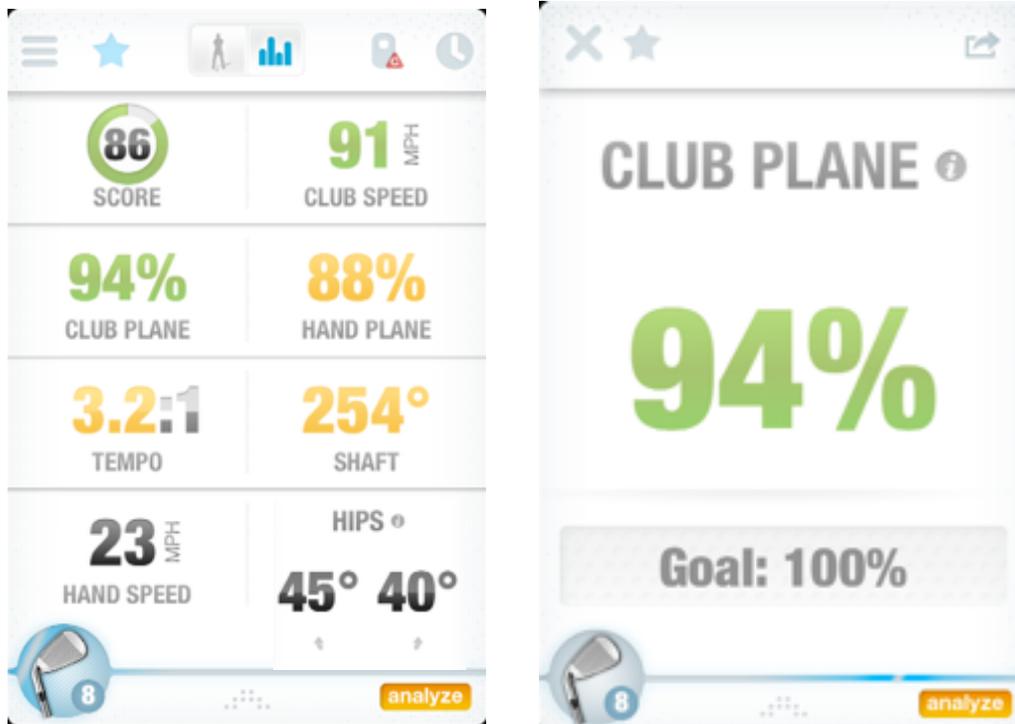


**Standards:** The average golf professional has an average hip rotation of 45 degrees closed to the target at the top of the backswing, and at impact, they rotate their hips to an average of 42 degrees open (facing the target). Most amateurs under rotate their hips on both the backswing and the downswing. Most of the power in a golf swing comes from adequate hip rotation.

**Quick Tip:** Keeping a solid bent right knee helps with a tight coil on the backswing. On the downswing think of getting your belt buckle pointed at the target.

## Hip Rotation

**Defined:** This measures how closely your backswing plane matches your downswing plane. Ideally, the higher the percentage, the better the golf swing.



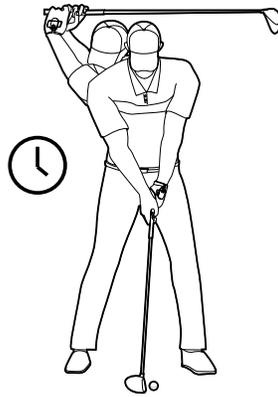
**Quick Tip:** When practicing at the range, make 50 swings, without hitting golf balls, changing your hand path shape to one that goes out and up and drops back in, exaggerating a big loop. Use the app to see the changed path, then try the same motion on a ball.

**Standards:** Most professionals are at 90-100 percent matching. Amateurs have a much harder time matching the backswing to the downswing. Most have a downswing that comes “over” the plane, causing a steep downswing and a ball flight that slices.

Improve

More info online:

[Zepp Community Forums](https://www.zepp.com)  
[www.zepp.com](https://www.zepp.com)



Email us:

[support@zeplabs.com](mailto:support@zeplabs.com)