CASE STUDY

Dr. Scott Lynn

Transforming PGA Tour winner Greg Chalmers' Swing Using the Zen Swing Stage and Swing Catalyst

ZEN GOLF

Coach: Dr. Scott Lynn, Zen Master Coach
Technology: Zen Swing Stage and Swing Catalyst Dual Plates
Player: Greg Chalmers - PGA tour winner

INTRODUCTION

Dr. Scott Lynn, an expert in ground reaction forces (GRF), collaborated with PGA Tour winner Greg Chalmers to revolutionize his golf swing. By combining the Zen Swing Stage with Swing Catalyst Force Plates, Dr. Lynn showcased a cutting-edge, data-driven approach to swing optimization. This case study highlights how innovative technology and biomechanics can drive improvement, even for world-class athletes.

OBJECTIVE

1. Identify Swing Challenges: Greg Chalmers struggled with a “right miss” caused by an over-rotated swing path.
2. Utilize GRF Insights: Improve torque generation and rotational forces.
3. Leverage Technology: Use Zen Swing Stage and Swing Catalyst to provide actionable biomechanical data.

CHALLENGES & OBSERVATIONS

- Swing Path Issues: Greg’s swing often deviated too far inside-out, up to 5°, leading to blocks and hooks.
- Horizontal Force Dominance: High horizontal force and pressure on his trail side (78%) resulted in reduced rotational torque.
- Timing Dependence: Over-reliance on clubface timing for consistent ball flight highlighted inefficiencies in hip and footwork mechanics.

INTERVENTION PROCESS

1. Initial Analysis:

- Greg’s horizontal force was measured to be significantly above tour averages. Dr. Lynn noted this contributed to his swing path inconsistencies.
- Using Swing Catalyst, the analysis revealed that Greg needed more rotational force to reduce timing dependency.

2. Customized Drills on Zen Swing Stage:

- The stage was tilted to simulate downhill lies, emphasizing rotational forces and reducing horizontal forces.
- Greg was instructed to focus on clearing his hips while maintaining pressure on his lead foot.

3. Hands-On Feedback:

- Dr. Lynn physically demonstrated the importance of resisting external pulls, reinforcing hip stability and rotational movements.

4. Technology as Feedback Loop:

- Real-time data from Swing Catalyst Dual Plates validated progress. Key metrics such as horizontal force decreased while rotational force increased.

RESULTS

- ***Improved Swing Path:*** After training, Greg's path shifted to 1.4°, aligning closer to optimal tour standards.
- ***Enhanced Ball Flight:*** Shots became straighter with reduced hooks, showing immediate improvement in ball control.
- ***Biomechanical Efficiency:*** Greg reported feeling smoother transitions and greater stability, translating to more consistent shots.

INSIGHTS AND INNOVATIONS

- The Zen Swing Stage provided extreme slope scenarios that accelerated adaptation, demonstrating the importance of training under varied constraints.
- Swing Catalyst visualizations enabled precise, data-backed adjustments to Greg's technique.
- The integration of GRF insights with practical drills exemplified the value of biomechanical feedback in skill refinement.

CONCLUSION

This collaboration between Dr. Scott Lynn, Greg Chalmers, and advanced golf technologies demonstrates the potential to transform performance by addressing biomechanical inefficiencies. The Zen Swing Stage and Swing Catalyst offer a revolutionary platform for players to refine their swings using data-driven insights.

To learn more about how ground reaction forces can improve your game, explore the Zen Golf system and its cutting-edge training solutions.

Zen Golf - USA 4600 140th Avenue North, Suite 180, Clearwater, FL 33762, USA **+1 727-855-2034**

Zen Golf – Global G2, Leeds Road, Sheffield, South Yorks S9 3TY, UK **+44 1226 781000** **+44 7971 403627**

www.zen.golf info@zen.golf @zengreenstage