

SpineAlign Golf App – Troubleshooting FAQ

Below are solutions to the most common issues users experience with the App.

👉 Before trying anything else, please watch the “How to Use the App” video and review all tutorial videos provided.

Quick Checklist (do this first before troubleshooting):

- ✓ Place phone in Airplane Mode
- ✓ Turn Wi-Fi OFF
- ✓ Turn Bluetooth OFF (unless using a compatible headset for private practice)
- ✓ Turn volume ON
- ✓ Warm up the App: hold phone against chest with 7-iron button selected, then repeat with Hip Turn function a few dozen times before using vests or belt

Q: The App doesn’t respond to the “Zero” command.

A: *Go through the checklist above, then restart your phone.*

Q: I don’t hear audible feedback when bending down to find my spine angle.

A: • Repeat the command a few times loudly with your chin tucked toward your chest.

• Make sure phone orientation matches the screen setting:

- Default: screen facing chest
- “Outside Chest” button selected: screen facing away from chest

• Recheck the checklist steps above.

Q: The Spine Angle sound stops halfway through my backswing.

A: *This is normal. The Spine Angle sound plays only during the first half of your backswing. Once you continue the motion, it is replaced by the Shoulder Turn Angle feedback.*

Q: No audible sound when the phone is in the hip belt.

A: • Go through the checklist first.

• Test the phone outside the belt to confirm it’s working.

• Ensure you didn’t press any side buttons or the screen while placing the phone in the belt.

• Confirm the screen is active.

• Try moving the belt to the back position.

• Many golfers discover their hip/leg turns are too flat — review the “How to Use the Hip Belt” video to improve lower-body mechanics.

Q: I get inconsistent shoulder turn audibles even though I tilt the same way each time.

A: • Recheck the checklist.

- *Reset your vest every 5 practice swings.*
- *Re-Zero the App.*
- *Ensure vest straps are tight.*
- *Try both vests to see which fits your body best.*

Q: I can't get the "Zing" sound at impact.

A: • Many amateurs struggle to reach shoulder impact angles above 40°.

- *Your minimum goal is to hear the "YES" audible.*
- *Focus on proper lower-body mechanics:*
 - *Drop the right side at impact*
 - *Use lower-body rotation*
 - *Keep right elbow close to the body*
 - *Avoid lifting up*

Q: The App won't record my swing.

A: • Recheck the checklist.

- *Say the "Record" command at least twice to ensure your phone recognizes it.*
- *Test the Record function with the phone outside the vest first.*
- *Restart your phone if the issue persists.*

Q: Does the App provide tempo feedback?

A: Yes. If you use the Record command, you can review video playback to check your swing timing:

- *Backswing: at least 2 seconds*
- *Downswing: about 1 second*