

SpineAlign Golf App – Quick Reference Guide

Top 5 Fixes at a Glance

✓ Checklist First

Always place phone in Airplane Mode, Wi-Fi OFF, Bluetooth OFF (unless headset), volume ON, and warm up App with 7-iron & Hip Turn before using vests/belt.

Voice Commands

Say commands loudly and clearly with chin tucked. Repeat twice if necessary. Test outside vest first.

Spine & Shoulder Angles

Spine Angle sound only plays during the first half of backswing; Shoulder Turn feedback takes over after that.

Hip Belt Tips

Keep screen active, avoid pressing side buttons, and place belt in back position. Review hip belt video to improve mechanics.

Tempo Check

Record your swing and review video: Backswing ~2 seconds, Downswing ~1 second.

 *For full instructions, always review the*

'How to Use the App' video.