

Download the App

Start by downloading the CTRL Golf app on whichever app store you use, google play, or IOS.

Hardware

Then go ahead plug in the charging stand and place the sensors on the charging stand and twist them until they light up. You can also double-tap the sensor to wake it up!

Here is a guide to the color the sensor's led may change too.

- White LED - The sensor is on and on standby.
- Red LED - The sensor is under 15% battery.
- Green LED - The sensor is above 90% battery.
- Blue LED - The sensor is connected to a device.
- Orange LED - The sensor is charging on the charging stand.
- Green (solid) LED - The sensor is fully charged and on the charging stand

Once the sensor is on you can connect it to the app. Go to the app and click pair new sensor, you should just click connect a sensor and it will connect and be ready to use, repeat for the second sensor, once both sensors are connected you can move to the next page. Click the golfer icon at the bottom of the screen and it will take you to the model's page. Create a new model and then you need ten good swings to train that model! Once the model is trained you can click start training on the model's page and then we start giving you feedback on every single swing!

Feedback

CTRL focuses on 5 feedback categories for now for the full swing. With each of these, you create a baseline that we average out and give feedback based on your ideal swing. So if your ideal swing nets you a clubface open 3 degrees and a path 5 degrees to the right, and you take a swing that is open 5 degrees and 4 degrees to the right we will surface feedback that tells you to close your clubface and to swing more in to out. Tempo ratio and backswing and downswing time are the same, they take your ideal swing and match each swing against that and give feedback to get you back to your ideal.

- Tempo Ratio
 - The ratio of your backswing to your downswing
- Backswing time
 - How many seconds your backswing takes

- Downswing time
 - How many seconds your downswing takes (top of the swing to impact)
- Clubface
 - Measured against your ideal clubface
- Club path
 - Measured against your ideal club path
- Metronome
 - Once you have built a swing model and go into training mode you can turn on the metronome and try to match your tempo to our metronome! You can set the time between the metronome going off in the audio feedback settings
- Audio feedback
 - You can turn our audio feedback on and off in the settings. You can also designate which feedback you want it to give you every single swing

SPECS These are the specs advertised on our website.

- Android and IOS compatibility
- The sleeve itself is breathable and shape forming
 - 78% Nylon
 - 22% Elastane
 - The sleeve is machine washable, but please do not machine dry it should be air dried!
- Bluetooth LE
- Top of the line high speed, high G, 6 axis motion sensors
- CTRL Technology Magnetilock sensors
- 13.7 grams per sensor
- 35.2-gram charging stand
- Less than 1 hour charging time to full charge
- 12-hour battery life
- IP 67 Water Resistance