

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

10 KEY FITNESS ELEMENTS

- 1) **STRENGTH BURST** .. the extent to which muscles can exert force by contracting against resistance or 'Mass' (holding or restraining an object or person). The ability to move 'Mass' and thus 'Do Work'! ('Strengthening')
- 2) **POWER** .. the ability to exert maximum muscular contraction instantly in an explosive burst of movements ('Jumping Or Sprint Starting') One 'Horse Power' is 550 foot pounds per second. Power is a 'Force Applied To A Mass Causing It To Move or Change Position A Finite Distance Over A Specific Period Of Time'.
- 3) **AGILITY** .. the ability to perform a series of explosive accurate power movements in rapid succession in opposing directions ('Zigzag Running Or Cutting Movements/')
- 4) **BALANCE** .. the ability to control the body's position, either stationary ('Handstand') or moving ('Gymnastic Routine'). The controlling of ones 'Centre Of Gravity'.
- 5) **FLEXIBILITY** .. the ability to achieve an extended 'Range Of Motion' ('ROM') without being impeded by excess tissue such as fat or muscle. (Executing a leg split) Flexibility clearly requires that one is able to elongate muscle fibers and the entire body of the muscle close to it optimal length. ('Stretching')
- 6) **LOCAL MUSCLE ENDURANCE** .. a single muscle's ability to perform sustained work such as rowing or cycling. This involves the ability to burn fuel, remove wastes and refuel while 'On The Run'!
- 7) **CARDIOPULMONARY ENDURANCE** .. the heart's and lung's ability to deliver oxygenated blood to working muscles and removing wastes and toxins from those same muscles providing the body its ability to utilize these key resources during sustained workloads such as running long distances or climbing a steep slope.
- 8) **STRENGTH ENDURANCE** .. a muscle's ability to perform a maximum contraction time after time such as continuous explosive rebounding through an entire basketball game. ('Continuous or Sustained Optimal Output')
- 9) **CO-ORDINATION** .. the ability to integrate the above listed 'Components' so that effective movements ('Procedures') are achieved. This is the accomplishment of accurate and complementary tasking. You know ... 'Walking and Chewing Gum At The Same Time!'
- 10) **RECOVERY** .. once one has accomplished 'Muscular Work' there has been damage to soft tissue cells. This is simply the way our 'Body Machines' operate. You must provide the care and time to recover from the damage. That means 'REST', 'Hydration' and 'Nutrition'. Don't cheat your own system. You own and live with 'IT' 24/7!

SATISFACTION GUARANTEED

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