

ELITE SPORTS PERFORMANCE

(‘ESP’)

‘FITNESS TIPS’

A CASE OF THE SQUATS

We generally know what ‘Fitness Squats’ or ‘Leg Presses’ are when it comes to general exercises at the local gym. Never do any fitness drills without your personal physician’s prior approval.

Here is a very simple, **‘Do It Almost Anywhere Bullet-Proof Exercise’** that you might find of interest. If you are thick-skinned and not easily embarrassed, you could do this at the local bus stop or even on the golf course. Choose your own location! I like doing it standing at the bathroom or kitchen sink so I can gently hold on and steady myself.

Here it is! Both hands just over the edge of the sink, arms comfortably extended, lower your butt to a point where your thighs are either level or just above the condition. Your thighs or ‘Femurs’ should be relatively perpendicular to the cabinet doors or wall. This is the ‘First Check Point’ (‘Action A’). Hold this position for a five count! Now, push those ‘Quads & Glutes’ and almost stand back up fully erect. Do not, however, fully stand up. Hold this position for another five count. Then lower your butt back to the first check point.

Now the real work begins! While ‘On Hold’, with this **‘Case Of The Squats’** and your ‘Femurs’ square to the cabinet doors, and without raising or lowering your butt, move or rotate each ‘Knee’ outward away from your belly button towards your sides. (‘Action B’) Do this with your ‘Hips’ remaining square to the cabinet face. **This is called ‘Inward-Outward Rotation Under Load’ with specific ‘Adduction and Abduction’.** The **‘Sit-Stand’ function is the ‘Flexor Extensor action’.** If you can do this with relative ease, accomplish five to ten reps out and in. Hold the seated position for another five count.

You may then elevate your butt almost back to ‘Stand Up’, ‘Hold For A Five Count’ and proceed to do another lowered sequence. This discipline will greatly improve your ‘Hip Stability’ and ‘Rotational Power’. **Enjoy The Burn!**

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