

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

A LOGICAL APPROACH TO FITNESS

We agree that **'The Human Body Is Simply An Axial and Radial Skeleton With Muscles And Soft Tissues Draped And Wrapped Around The Bones'**. These 'Muscles', combined with the 'Soft Tissues' ('Tendons & Ligaments'), which hold the bones together, enable 'Motion'.

We have defined 'Axial' as all the 'Skeletal Parts or Components' from the soles of our feet to the top of our head. (see 'Lower Body Machine' or 'LBM') Likewise, the Radial' includes all the 'Lever Assembly Components' which include all the parts from the 'Tips Of Our Fingers To Our Shoulder Sockets'. We perform a lot of 'Motions' and do a lot of 'Work' with this aspect of our 'Body Machines'. (see 'Upper Body Machine' or 'UBM')

I like to accomplish 'Fitness' **'FROM THE INSIDE OUT'** and **'FROM THE GROUND UP'** so to speak. That means from the 'Smaller Components' to the larger ones.

Thus, I like to exercise my fingers and toes before I 'Work' my larger 'Components'. 'Light Work Before Hard Work' makes good sense!

In this manner, your '555 TEAM' will build you a very **'Logical Fitness Workout Regimen'** that you can follow and modify to suit your own 'Needs & Desires'. You can vary the 'Load or Resistance' ('Mass') and thus the 'Amount Of Work' you will accomplish in your regimen. You can clearly define your 'Fitness Targets' and 'Qualify & Quantify' you efforts.

You will be able to focus on **'Specialized Body Components and Areas'** with ease. You will be able to concentrate on your 'Long and Short, Bigger and Smaller Muscles'. You will be able to define your efforts as 'Linear, Circular or Tangential'. You can categorize your 'Plan' as 'Stretching or Strengthening'. Thus, you will be able to organize your efforts as either 'Aerobic or Anaerobic'. The 'Cardio-Pulmonary Regimen' will stand on it's own.

Remember you **'Nutrition & Hydration Aspects'**. The quality of your 'Fuel & Fluids' matters!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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