

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

ANKLES AND CALVES

This area of the 'Lower Body Machine' is really very important to your 'Golf Game'.

It is critical in 'Walking' and fundamental in just 'Setting-Up and Executing' your 'Golf Swings'.

The primary 'Foot Ankle Lower Leg Motion' is that of simply **'Raising and Lowering The Foot'**. This is 'Foot Flexor and Extensor Action' which, is the 'Down & Up Motion' that is created by the 'Calf Muscles' and their 'Front Shin Counterparts'.

We can work these muscles and produce these 'Motions & Action' very effectively while standing on a **'1 X 4' or '2 X 4'** laying on the flat. Place the front half of your 'Foot' on the piece of dimension lumber. Allow your heel to make contact with the ground. Then press up onto your 'Toes' elevating your heel of the ground. As you get stronger, you can press farther up onto your toes. This works your 'Gastrocnemius or Calf Muscles'.

'Walking Up And Downhill' is another very simple way to strengthen your lower legs and feet. Walk up hills every day if you can. **'Up And Down Stairs'** is a good alternative. Stop using the elevator or at least get off it early and walk up a few flights!

You can further strengthen you 'Feet, Ankles and Lower Legs' by **'Pressing Up Slightly And Then Swaying Substantially To Your Right And Then Left'**. This enables you to resist the tendency to 'Roll Over On Your Foot and Ankle' which is a really quick way to produce sprains and even severe soft tissue injuries in your 'Feet and Ankles'. Millions do every year. You do not want to keep them company!

'Calf Up & Downs With Ankle Rolls' are good exercises for your 'Golf'.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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