

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

BACK ARCHES

This 'Bullet-Proof Drill' can be of significant benefit to any person performing it correctly. It is very useful and beneficial '**Core Work**'. Let's take a quick look!

Lie flat on your back on the floor, bench or mat. The palms of your hands can be placed on the floor beside your rear end. Head back and in contact with the floor. 'Feel Long Bodied' or stretched out.

Lift your 'Knees' up and draw you 'Heels' back towards your butt. 'Heels' about under your 'Knees' will be adequate for now. When in this position, set your 'Feet On The Floor'. Now simply raise your 'Tummy & Butt' straight up off the floor about **6 inches**. Do not allow your Hips to roll or tip off level at any time. Then lower it back to the floor. Do this '5 Reps' holding the elevated position for a '5 Count' each time.

'Breathe Out' during the 'Lift Interval' and NOT after you lower.

Once you are warmed up and comfortable, which may mean more fit after about a week or two of doing these 'Back Arches or Butt Lifts', you can 'Raise Your Tummy & Butt' **as far as comfortable** and hold for the '5 Count'. Still do '5 Reps Per Set'.

You will soon know what muscles are 'Working' as they will talk to you!

Keep up the good work!

It's your parade!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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