

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

BACK OR SPINAL ROLLS

BACK OR SPINAL ROLLS:

This is not a food group or source. Sitting on the floor with your 'Feet, Knees and Legs' well extended and in contact with the floor, and with your 'Spines Tall', bend forward slowly as far as you can until your tummy and chest make contact with your 'Thighs'. Breathe Out' and lower your 'Chest' even farther. This is a little like touching your toes while sitting long legged. 'Breathe Out' when extended. Once your are warmed and stretched, add a variation.

While sitting erect, pull your 'Knees' up tightly to your 'Chest' and hold them in place with your 'Hands'. You should be about in the middle of your butt. Your back should be well rounded. While 'Breathing Out' slowly 'ROLL BACK' over your tail bone and up your 'Lumbar Spine' ('almost one vertebrae at a time') until you have rolled over all the 'Lumbar and reach the 'Thoracic Vertebra') Pull your 'Knees' up just a little when you reach the limit of your roll. 'Breathing Out' during the 'Roll Down' is key.

You may feel your back release. This is a good outcome so relax! Rock and roll back up to the 'Sitting Position & Hold' for a '3 to 5 Count'. Repeat the 'Roll Down'. Do '5 to 10 Repetitions' and '2 to 3 Sets'. It is advisable to finish this 'Exercise' by lying very flat and extended on the floor. Get as long as you can. Relax and 'Breathe Out' as usual whenever you are stretching. I like to add just one more element as well. While lying on the floor stretched out, swing each leg, one at a time, over the other and reach it as far as you can laterally. Extend your active toe.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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