

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

BICEPS STRETCH

BICEPS STRETCH:

Stand erect with one of your 'Shoulders' proximal to the wall. You can either make a fist or use the flat 'Palm Of Your Hand' for this 'Fitness Exercise'. Reach out and make firm 'Fist or Palm' contact with the wall. Now rotate your body 'Away From The Wall' as required. This will apply stretch to your 'Biceps'. We are primarily working the upper arm frontal aspect, but this will involve a lot more soft tissue than that. 'Position & Hold' for a '12 to 15 Count'. Do '2 or 3 Repetitions' and '1 to 2 Sets'. Always 'Breathe Out At Full Muscular Extension' as usual!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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