

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

CLIMBING STAIRS

CLIMBING STAIRS:

Standing erect with your core activated, climb and descend a long flight of stairs, first one step at a time and then two and then three. Set and keep a brisk pace. Once you are feeling stronger and more fit, add some dead weight to the equation. Carry a dumb bell in each hand. You can add a slight variation. Do the circuit with your butt lowered about 6 inches closer to the ground and stay there during the exercise. Variation #2 ... We usually track our feet up the stairs in a relatively straight line. Now, do a full flight staying in the middle of the stairs but stepping out 12 to 15 inches wider in each step. Be careful that you plant your feet in the proper spots so you do not get any injury. Keep safe! This is a great 'Cardio-Pulmonary' endurance process. Use it well. Depending on your degree of fitness, always do one more 'Set or Flight' every session. Keep stretching your body mind and mind.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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