

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

CORE STABILITY

When I speak of 'Core Stability', I refer to 'Strength, Flexibility and Stability' from your 'Upper Thigh' to your 'Lower Diaphragm' or 'Rib Cage'. This is the 'Lower Body Machine Core'! ('LBM') There is a tremendous amount of 'Work' done in this region to make a proper "golf Swing" and thus to excel at your sport. The 'Core Of The LBM' 'Supports and Transports' the bulk of the entire 'Body Machine' in whatever tasks it undertakes.

'Lower Back or Lumbar' health issues are really generally about **'Core Stability'**. We need to focus on and care for this region of our bodies. Athletic or simple transportation or mobility ability hinges upon our 'Core' soundness. It is that simple!

The question or challenge is 'How Do I Get More Stable and Powerful' in this 'Equatorial Region'? How do I prevent actually looking like the 'Mother Earth' in this region? It is not a pretty sight! Round as a big ball rather than a bit of the 'Hour Glass Look'! We must learn **'How To Properly Sequentially Fire The Core Muscles'**.

You can 'DO IT!' But not sitting on your 'Big Fat Butt' eating 'Fast Fat Food' while watching soap operas or reality TV! The only reality about 'Reality TV' is that it is a really sucks! Watching sports all weekend consuming beer and nachos is no better guys!

So how can we easily focus on our 'Core Strength' and improve our lot?

- 1) **'Walk More Every Day'**! Do so standing tall and more erect! Keep light on your feet. Utilize more spring in your step. Keep more up on your toes! Find a hill and go up it with pace. Breathe in and out deeply!
- 2) **'Take The Stairs Rather Than The Elevator'**!
- 3) **'Walk With Your Lower Tummy Sucked Back'**! Feel like you are 'Pulling or Sucking Your Lower Bladder Back Towards Your Spine'. Get it there! Keep it there!
- 4) **'Sit Down Walks'**! Lower your butt to the ground about 4 to 6 inches while you walk half a mile. Stretch out your strides. Extend your steps. If you make 32-inch steps, increase them to 36. If you make 36ers, extend them to 40!

5) **‘Do The Hoola Hoop’!** If you do not have one of these last generation devices, pretend! **‘Make Hip Circles’!**

6) **‘Make Shoulder Circles Over A Stable Hip Girdle’.** When you make a full 360 degree Top Of The Lower Body Machine Circles In Both Directions’, you are working the ‘Core Stabilizers’. As you get fitter, make bigger circles!

7) **‘Foot & Quad Lifts’** while you are sitting in your office chair will help. Pick you feet up off the floor and hold them for a 10 count 30 reps per set. You can do this while in a meeting! See if you can not show the strain!

8) **‘Stand On Your Two Feet And Simply Rock Back & Forth and Side To Side’.** This will engage the ‘Core Stabilizer Muscles’. Do this as many times a day as you can stand!

9) **‘Lie On The Floor On Your Back With Your Shoulders Contacting The Carpet’.** Lift your left heel off the ground slightly and **‘Roll Your Hips’** slowly and smoothly to the right pointing your ‘Left Foot and Toe’ out along the floor away from your right leg. When there, extend the ‘Hip Roll’ and ‘Left Foot Reach or Extension’ just a little more and ‘Breathe Out Deeply’. ‘5 Reps and 3 Sets – Hold For A 5 Count’. Do this ‘Drill’ in the other direction. Increase the ‘Reps & Sets’ as you feel capable.

10) ‘Lie On The Floor On Your Back With Your Shoulders Contacting The Carpet’ and then **‘Lift Your Heels Op Off The Floor’** and **‘Raise Your Knees Slowly Up To Your Hips or even To Your Chest’.** ‘5 Count’! As you get more flexible, you can ‘Pull Up To The Top’ and then ‘Roll Both Right And Left Knees Towards The Floor’. This will develop more efficient and capable ‘Spinal Rotational Skills’ as well as the ‘Strength To Accommodate’ these moves.

Interestingly, you can and should invent more exercise that enhance your ‘Core Strength’. Be innovative! Use that imagination! All you must do is to **‘Pay Close Attention To What You Are Feeling’.** This will prevent excessive stress and injury. No pain allowed!

“Welcome Aboard!”

“Enjoy The Ride!”

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7