

ELITE SPORTS PERFORMANCE

(‘ESP’)

‘FITNESS TIPS’

CRACKING WALNUTS

This ‘Fitness Tip’ is all about ‘Upper Body Strength and Range Of Motion’ or ‘ROM’ as we call it.

‘**Scapular Stability**’ is key to your ‘Golfing Success’. If your ‘Upper Body Machine’ (‘UBM’) is unstable you cannot and will not make good turns and ‘Arm Extensions’. You will not get your ‘Lever Assemblies’ (‘Hands, Arms and Golf Clubhead’) to your ‘Optimal Top Of Back Swing’. (‘TOB’). They will then likely NOT be ‘**On Plane**’! You will get ‘Disconnected’. Thus you will lose ‘Clubhead Speed’ as well as any real hope for accuracy! Swipe Golf! Thus you will not be able to produce the results you desire! Thus you will not have as much ‘FUN’ as you deserve!

This is a very simple, no training aids required, ‘555 Exercise’ that you can do anywhere!

Make a few ‘**Wind-Mills or Butter Flies**’ with your ‘Lever Assemblies’ to warm up and stretch out. If you are a ‘555 Locker Room Member’ (‘**FREE**’) you will already know several more great ‘UBM’ exercises. If you are NOT an ‘LRM’, ‘**JUST DO IT NOW!**’

Here is the ‘555 Exercise’ just like the name suggests!

Pretend you gently place and hold a ‘Walnut In The Shell’ between you ‘Shoulder Blades’ (‘Scapulae’). First, ‘Pull Your Shoulders Forward Towards Your Sternum’ as if to drop the walnut. Then, the nut in place, ‘Pull Your Shoulders Back Towards Your Spine’ as if you were going to ‘Crack The Walnut Between Your Shoulder Blades’. Soft cracks first! Then harder cracks! They’re tough nuts!

Do this full series of ‘Moves’ ten to twenty times in both directions with a ‘Hold and 5 Count’ in each of the forward or back full ‘Range Of Motions’. Three to six times a day!

‘Suck Your Bladder Back And Hold It There’ while you are doing any of these exercises!

SATISFACTION GUARANTEED

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