

# 555 GOLF TIPS

## 'PERFORMANCE EXCELLENCE'

### FITNESS DRILLS

## DOUBLE LEG STRETCH

Double-Leg Stretch



Start >>

<< Finish

What muscles are worked:  
Abdominals

How to do it:

Lie on your back with both knees pulled in toward your chest. Lift your head and neck with your chin tucked. Exhale and feel your navel sink toward your spine. Inhale and reach your arms long behind you at an angle and your legs in front at about 45 degrees. As you exhale, bring your knees into your chest and circle your arms around to meet them.

**“Welcome Aboard!”**  
**“Enjoy The Ride!”**

### SATISFACTION GUARANTEED

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