

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

EVERYTHING INCLUDING THE KITCHEN SINK

EVERYTHING INCLUDING THE KITCHEN SINK:

Stand in front of the 'Kitchen Sink'. Socks off! You do not want to slip in this exercise. Place your 'Hands' carefully on the edge of the sink or counter. Reach to the sink and lean in. Place your feet about 'Shoulder Width Apart'. Move them out or away from the sink until you feel quite far away with most of your weight supported by your 'Hands and Arms' (like a 'Diagonal Push Up').

Keep your 'Feet Flat on The Floor'. Your 'Toes' will be pushed up towards the front of your 'Lower Legs' or 'Shins'. You should feel stretch in your 'Calves and Achilles'. 'Relax and Breathe Out Deeply'. Back straight, lower your 'Chest and Chin' even closer the counter or sink still keeping your 'Knees' straight as well. This is the 'Drop Down' portion of the 'Push Up'. Lower and lower until you are as low and extended as possible. You may even just about make contact with your 'Chest' to the edge of the counter or sink. But no resting!

'Position & Hold' for a '12 to 15 Count'. Do '5 to 8 Repetitions' and '2 to 3 Sets'.

A slight variation is to do smooth 'Vertical Porpoise Body Waves' as you are very low to the counter or sink. This is an excellent back 'Stretch & Strengthen' move. Keep your 'Core Engaged'. Suck your 'Bladder Back'! A primary goal here is to get you 'Concentrically Fit' so that your entire 'Abdominal Barrel' is firm and strong enough to properly and efficiently support your 'Upper Body'. Golf backs need this capability!

Remember to be innovative! Keep dreaming up and making little changes that produce or cause you to feel a little more or different 'Stretch' followed by a little 'Strengthen'.

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