

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

EXERCISE LOGIC

Having a grasp on the 'Big Picture', we can now expand our horizons into defining some 'Logical Methodology' by which we can 'Get Stronger and Stay Healthier' in life generally. By doing so we can and will be able to 'Relax and Play More Efficiently' as well. When we are 'FIT' our 'Golf Games' come together more naturally and we then have more 'FUN'.

"MORE FIT IS MORE FUN!"

To your '555 TEAM', 'Fitness' is about moving 'Mass' over various 'Distance' over various periods of 'Time'.

'Fitness' is about 'Stretch & Strengthen'. When we create the ability to move 'Body Parts' greater 'Distances' ('Ranges Of Motion' or 'ROM'), we must simultaneously get 'Stronger' to support or accommodate the 'Leverage' or 'Applied Force'. If we reach out at 'Shoulder Height' as far as we can with one pound in our hand, a certain amount of 'Muscular Strength or Integrity' will be required to hold that 'Position' 'Horizontal To Our Shoulder Sockets'. If we add another pound, the 'Work Load' and 'Strength' will logically be doubled. It in fact, by some perspective, becomes exponential.

This 'Lever' is of interest. If we reach out 'Three Feet' and have that 'One Pound' in hand, we will have to support, 'Musculo-Skeletally' 'Three Foot Pounds' while holding our 'Lever Assembly' in its extended 'Configuration'. That is, in itself, 'WORK'. If we moved the 'Mass' ('One Pound') from our 'Shoulder' to the 'Extended Position' we move it 'Three Feet'. ('Work = $F \times D$ ') or ('Force = $M \times A$ ') If we did that in 'One Second', we can figure the 'POWER' (Power = $D \times M \times T$). This action can then be described scientifically as 'Three Foot Pounds Per Second'. This all makes logical sense.

We do not have to be overly consumed with this 'Science Based Information', but it is beneficial for us to have it running in our mental background. It is a god foundation for our understanding and applying good 'Physics' in order to accomplish 'Fitness'.

'FITNESS & MECHANICS ARE INSEPARABLE'

SATISFACTION GUARANTEED

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