

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

FINGERS, HANDS AND WRISTS

The 'Fingers, Hands and Wrists' are a huge consideration in all of life's '**Dextrous Motions**'. We are very 'Manual Beings'.

Place your '**Hand Palm Down On The Table**'. Extend or 'Push Your Fingers Out' as long as possible. ('Extensor Action'). Next, with the same 'Hand Lying Flat On The Table', elevate it a little and then 'Pull or Curl Your Fingers Back Under Your Palm', This is a 'Fist Down Configuration'. Repeat the 'Finger Extension Move'. Do this ten times out and back with each hand. Make three 'Reps' of this cycle producing thirty separate moves with each.

You will feel the '**Arching Motion Of The Palm Of Your Hand**'. Repeat this feel'. It will strengthen your 'Palm' which is very muscular.

Suspend you Hand in mid air! Extend your fingers and, holding this position, move your hand down as far as you can towards your arm! This is '**Down Flexion**' involving the muscles on the bottom of the lower forearm. Make the opposite motion. This is '**Dorsi-or Up Flexion**' involving the shortening or contraction of the muscles on the top of your forearm. Simultaneously, of course, the lower muscles must relax and become elongated.

You can simulate some 'Load' in these exercises or simply hold a light 'Dumb Bell' while doing them. This is 'Vertical Motion' on the 'Horizontal Wrist Hinge Pin' in the exercise which, if we turn the 'Hand' sideways as it is when on the 'Golf Club Handle', utilizes the 'Vertical Wrist Hinge Pin' to accomplish 'Horizontal Motion'.

'The Wrist Has Three Distinct Actions or Motions'. From the 'Palm Vertical Position', they are 1)Cock, Level and Un-Cock ('CLU'), 2)Bend, Flat ad Bowed ('BFB') and 3)Turned, Vertical and Rolled ('TVR'). Exercise each of these three separately the same number of repetitions as above.

When you have completed 30 total 'Motion Repetitions' on each axis, combine them into one 'Blended Motion'. This is called '**Making Circles With Your Fingers**'. Do them in both directions. This 'Wrist Bi-Directional Rotary Motion' is very useful and important in preparing you to 'Practise and Play Golf' well.

To **'Add Resistance'** you can hold a **'Dumb Bell'** or simply tighten your **'Wrist Hinge Muscles'** ('Cybernetics') while performing the circles.

Another way to add simple **'Muscular Resistance'** is to **'Squeeze A Racquet Ball'** while making the **'Motions'**.

This **'Squeezing Function'** is very useful in strengthening your **'Finger Muscles'**. You know your **'Grip Stability'** is fundamental to your **'Golf Game'**.

You will quickly gain substantial **'Finger, Hand, Wrist and Forearm Power'** by doing these very simple exercises daily. It takes but ten to fifteen minutes daily. In fact, you can **'Carry Your Racquet Ball Around With You'** and do these exercises at many junctures throughout your entire day. A really useful time is when you are driving down straight pieces of road in very light traffic! You know those really boring meetings and telephone calls? You can do the **'Racquet Ball Squeezes'** under the table during those meetings and above board during the phone calls!

Be innovative and create any and all **'Finger, Hand, Wrist Motions'** you can think of.

You will be directly rewarded for your efforts.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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