

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

FORWARD BEND WITH THE BIG BALL

FORWARD BEND WITH THE BIG BALL:

This exercise is a great 'Spinal Stretching Move'. While lying face down on the Big Ball resting between your 'Shoulders' and your 'Hips', 'Exhale Deeply' and drop your 'Head and Hips' as low to the floor as possible. 'Position & Hold' for '12 to 15 Count'. Do '5 to 8 Repetitions' and '2 to 3 Sets'.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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