

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

GASTROCNEMIUS & CALF

FLEXOR & EXTENSORS

GASTROCNEMIUS AND CALF FLEXORS & EXTENSORS:

'Bar Bells In Hand' or a 'Lifting Bar Across Your Shoulders' to increase the 'Mass or Load' as desired and required. Do NOT over-load yourself at any time. Stupid heroes do not last for long!

Stand erect! Core Stabilized and Loaded! Focus on a spot on the wall for 'Ocular Balance'.

Place your 'Toes' on a 'Four Foot 2 X 4' or two smaller pieces with your 'Heels On The Floor'. Keep your 'CHIN Tallish' with adequate 'Space Between Your Hips Sockets and Sternum'. This 'Stretches The Calves'. Warm them up, get the blood flowing, before your start doing the 'Pressing Up or Gastroc Flexors'.

Now, 'Extend Up Onto Your Toes In Each Foot'. 'Position & Hold' for an '8 to 10 Count'. Drop and Release 'Breathing out'. 'Position & Hold' for an '8 to 10 Count'. Do '12 to 15 Repetitions' and '2 to 3 Sets'.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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