

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

GASTROCNEMIUS OR CALF STRETCH

GASTROCNEMIUS or CALF STRETCH:

This is an 'Up On Your Toes Bullet-Proof Drill'.

Stand erect, 'Lower Tummy Muscles' ('Transverse Abdominus Erectus') sucked back pulling your bladder towards your spinal column. Stand your 'Push Toe Of The Trailing Foot' on a piece of '2X4' keeping your 'Heel In Full Firm Contact With The floor'. Now, step forward about a 18 to 24 inches with the other or 'Mobile or Moving Foot' while still keeping the 'Push Foot's Heel' in firm contact with the floor. Lean forward and feel the stretch especially in the 'Lower Leg' of the 'Planted or Stationary Foot'. You might rock a little back and forth if your feel loose and relaxed. 'Stretch Position & Hold' for a '12 to 15 Count'. Do '2 to 3 Repetitions' and '1 to 2 Sets'. Resume the 'Standing Erect Configuration'. Change the 'Active Foot and Leg'. Repeat. 'Breathe Out At Full Muscular Extension' to maximize the 'Movement'.

NATURAL EVOLUTION:

Remember, you can evolve or extend each and every of these above 'Fitness Exercises' by adding 'Free Weights' as desired to the 'Mobile Componentry'. (see 'Components & Procedures') Never overdo any of these modifications and, even if you feel any unusual 'Pain', discontinue and seek the advice of your family physician before resuming any exercises.

Start small 'Range Of Motion' with 'Light Resistance'! No heroics!

Let's use more of that 'Big Stability Ball'.

Remember the 1)‘Kneeling Leg Raise and Arm Reach’ above, well here is a really good variation to that theme. It is still ‘Face Down’ with your ‘Head In Line With Your Elongated Spine’.

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

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