

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

GOOD OLD MILITARY SQUATS & PRESS UPS

GOOD OLD MILITARY SQUATS AND PRESS UPS:

Stand erect with your 'Hands & Forearms' held 'Horizontal To The Floor'. You can add 'Hand Held Free Weights' ('Dumb Bells') as desired and as comfortable. Hold them in position. Feet about 'Shoulder Width Apart'. Stabilize your 'Core'. Lower your Butt towards the floor about 6 to 8 inches. 'Position & Hold' for a '12 to 15 Count'. Then 'Push Back Up' and onto your toes. 'Position & Hold' for a '12 to 15 Count'. Do '3 to 5 Repetitions' and '1 to 2' Sets'. 'Breathe Out' when you are 'Sitting Down' and 'Breathe In' when you are 'Standing Up' which is when you are 'Doing The WORK'!

When and 'IF' you feel really 'Herculean', try to do the above 'Full Exercise', with perhaps a slightly 'Smaller Range Of Motion' using only 'One Leg'! Alternating, of course!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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