

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

GOLF SWING WARM UPS

DEEP DIAPHRAGMATIC BREATHING

DEEP DIAPHRAMATIC BREATHING ('DDB') EXERCISE:
(fill your Chest, Shoulders moving back)

Simple as life itself!

The learned behaviour here is that we must do this natural process while we are 'In Motion' and not 'Hold Our Breath Through The Power Stroke' as so many aspiring and frustrated athletes do.

Your '555 Golf Team' has an important rule ... **"If your Clubhead Is In Motion, You Must Be Breathing Out."**

I do these 'DDB' two or three times a day at least. 10 to 15 reps each time! Morning and night! Stand out on my balcony, 'Big Deep Breath In', 'HOLD', let it stretch to the top of the air sacks and then release towards the bottom of your lungs. When getting an emptying feeling, push it all out right to the bottom, until you feel a little discomfort. This negative pressure feeling means you are **'Expelling The Waste'** air from the bottom of your lungs. Do you know that very few people ever get rid of that **'Air Sludge'**! There is ultimately a price to pay. 'She' is fair but brutally fair!

If we cannot keep the 'Lungs' fully operational, it is just like having a plugged air cleaner and hampered carburetor on your vehicle. Except this one is very special and cannot be easily put up on the hoist and repaired with the turn of a few intelligent wrenches! "Take out the garbage my son!"

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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24/7