

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

GOLF SWING WARM UPS

FINGER TIPS TO OUTSIDE OF ANKLES

BRACE FINGER TIPS TO OUTSIDE TARGET ANKLE:
TARGET FINGER TIPS TO OUTSIDE BRACE ANKLE:
(Hip Girdle Flexors and Lower Abdominal Stretches)

This is another 'Lumbar, Lateral Trunk and UBM Stretch' exercise. Simply 'SET-UP', legs and knees straight, and drop your 'Lever Assemblies' slowly and gently right down to the floor or as close as you can. Good 'Stretchers' can actually place their 'Palms' right flat on the floor! When you get 'Levers Dropped' increase that 'Extension' a little while breathing out. Then, when as long as you can comfortably get, rotate your outstretched 'Brace Hand and Fingers' to the 'Outside Of Your Target Foot'. Breathe out and relax for a '5 Count'. Swing your 'Lever Assemblies' back across your 'Feet and Body' until your outstretched 'Target Hand And Fingers' can touch the outside of your 'Brace Foot' just in front of the 'Heel'.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7

