

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

GOLF SWING WARM UPS

HANDS ON SHAFT BEHIND YOUR BACK

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(Hand 'Forearm and Shoulder' work)

Place a long iron across your 'Shoulders'. Palms facing forward, curl your fingers around the shaft just outside your 'Shoulders'. Assume your proper 'SET-UP'. Then rotate the shaft around your 'Forward Inclined Spine' to the right and back to the left. Feel some 'Core Stretch' in both directions. When warmed up, turn 'Load-COIL' fully to the 'Brace Side'. Apply some pressure and hold. Apply a little more pressure, turn a little farther and hold for a '5 Count' while breathing out fully. Repeat five repetitions or cycles in each direction. It may be useful to vary the depth of your 'Knee Flex or Bend' between repetitions. This firms up your Quads. A useful aspect of this 'Long Shafted Drill' is that the end of the shaft will be easily visible and tell you precisely how far you have rotated. Good supple athletes can and should be able to 'Wind or Coil' about 90 to 115 degrees. You will know this when your 'Target Shoulder' turns fully behind the 'Ball'. The end of the shaft will point behind the 'Ball'. Don't force any of these moves. Do them a little farther every day when fully up to 'Operating Temperature' so that you grow into your expanding 'Range Of Motion' without soft tissue injury.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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24/7