

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

## **GOLF SWING WARM UPS**

### **HANDS SPLIT ON SHAFT TURNING**

#### **HANDS SPLIT ON SHAFT TURNING EXERCISE:**

(various widths apart)

Take a 'Short Iron' in your 'Extended or Out Stretched Arms' and place your hands on it about 12 inches apart with the shaft in front of your chest. Now rotate the shaft clockwise and counter-clockwise as far as you can. After you are warmed up, apply a little rotational pressure, hold for a '5 Count' while breathing fully out. Change your 'Hand Separation' to 16", then 20" and finally 24" and repeat the 'Motions'. This works your 'Rotary Motions' from your 'Wrists To Your Shoulders'. This is a very important action for your 'Golf Game'. Focus on these motions at least every second day or every day you are at the 'Golf Course' practising or playing. It is a very standard 'Warm Up Exercise'.

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

### **SATISFACTION GUARANTEED**

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