

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

GOLF SWING WARM UPS

HORIZONTAL NECK CIRCLES

HORIZONTAL NECK CIRCLES:
(Alternating Hands Pushing Chin to Alternating Shoulders)

We are still very simple. These are all 'ITP Exercises'! You know what that means ... 'Isolate The Parts'.

Simply 'SET-UP' properly. 'PGSBA'! You know the '5 SET-UPS'.

Once accomplished, place you 'Palm Facing Forward With Fingers On Your Chin'. Push your Chin in the direction of the 'Palm' until your 'Neck Rotation or ROM' comes tight. Breathe out! Breathe In and out again. This time 'Hold For A 5 Count' and 'Push' a little farther to increase the 'Stretch and ROM'. Change 'Hands' and repeat! Do these every morning and evening if not more frequently.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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