

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

GOLF SWING WARM UPS

INTERNAL & EXTERNAL FEET ROTATIONS

INTERNAL & EXTERNAL ROTATIONS OF THE FEET, ANKLES & LEGS:

Any 'Axis Can Rotate' such as the 'Spine' does. So we must acknowledge that the 'Long Bones' can usually 'Turn About An Axis' located, for example, at the 'Hip Socket'. We can 'Rotate Our Legs Inward And Outward'. This fully involves the 'Hips Flexors and Extensors'. This loading and unloading makes your Femoral Insertion stronger. In the process you gain very important 'Core Stability! This term becomes logical or functional when there are 'Two Legs' because they then have a 'Centre Point' between them, which enables the 'Inward and Outward To And From The Centre'. At the 'Inward Point' you are 'Pigeon Toed' and at the 'Outward Point' you are very splay or 'Duck Footed'.

The exercise is very simple. Stand on one foot. Place the light foot just out on front of the 'Loaded or Weighted Foot'. Without moving the actual 'Heel Location' relative to the 'Weighted Toe' move or rotate the 'Light Toe To The Inside and Then To The Outside'. This is 'Inward and Outward Rotation'.

A slight variation is to then move your 'Light Foot' laterally away from the 'Loaded Foot' along a parallel line to your 'Hip Axis'. As you are moving laterally and then medially back, do your 'Outward and Inward Rotations'. I actually might allow my 'Foot and Leg To Sling Back And Forth' while doing this exercise. It is actually quite relaxing. In this mode it is a very good 'Stretch Motion'. If you want to 'Strengthen', add 'Foot Weights'.

“Welcome Aboard!”
“Enjoy The Ride!”

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