

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

## **GOLF SWING WARM UPS**

### **INTERNAL & EXTERNAL HAND ROTATION**

#### **INTERNAL & EXTERNAL ROTATIONS OF THE HANDS, WRISTS & ARMS:**

The same strategy and function as exists with the 'Feet & Legs' ('Lower Body Machine') applies to the 'Hands & Arms' ('Upper Body Machine'). As you are 'Slinging' your 'Hands & Arms' back and forth with your 'Chest', rotate your 'Hands Inward and Outward'. We call this 'Rotation' because it is precisely that ... inward and outward rotation of the 'Shoulder Socket'.

**"Welcome Aboard!"**  
**"Enjoy The Ride!"**

### **SATISFACTION GUARANTEED**

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24/7