

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

GOLF SWING WARM UPS

RACQUET BALL SQUEEZE

a) **THE RACQUET BALL SQUEEZE EXERCISE:**

(Forearm and Hand muscles, focus on Wrist Actions)

Simple as country apple pie! Go to your local sporting goods store and buy a nice blue racquetball or two. Hold them in your hands and squeeze them as many times as you can before tiring. As you are getting pooped, squeeze it fifteen more times. The final squeeze, hold it for a '5 Count' and breathe out deeply! Then relax fully. The 'Work' is completed! Well done!

b) **WRIST AND FOREARM ROLLS:**

(with racquet Ball)

While squeezing the 'Racquet Ball' or making a fist, roll your 'Hands' first clockwise and then counter-clockwise ten revolutions while breathing in and out deeply and properly. Feel a little stretch and squeeze in your lungs. That takes care of the 'Hands & Wrists'. What about the 'Forearms'? Not complex! When you are performing your 'Your Hand and Wrist Rolls', make sure to take a few moments to 'Flex Your Forearm'. To do this all that is needed is to make a 'Gentle Fist and Pull It Back Towards Your Forearm'. Then push it out towards the back of your arm. 'Flexor and Extensor'! Balance always! Do this every fifth 'Wrist Roll'. You'll benefit!

"Welcome Aboard!"

"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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