

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

## **GOLF SWING WARM UPS**

### **REACH UNDERS**

#### **THE 'REACH UNDERS' DRILL:**

This 'Exercise' is a very good one for stretching out your Back and Hamstrings. You should do it with your 'Knees Straight and Locked'. If you cannot manage at first, a slight bend is acceptable. If you bend your 'Knees' you negate the purpose of the exercise. Don't cheat yourself!

Here is how it is done.

Standing with your 'Feet at Shoulder Width or Slightly Wider' hold your 'Hands and Arms' directly out in front of your Chest. They should be horizontal to the ground or there about.

Then let them simply slowly drop towards the ground as you simultaneously bend at the 'Hips Sockets'. Touch the ground as far as you can comfortably do in front of your Feet. Then slide your 'Finger Tips' towards your 'Feet' without bending your 'Knees'. When you get to your 'Toes' keep the 'Finger Tips' moving rearward to and past your 'Heels' as far as you can comfortably go.

Breathing Out!

Always 'Breathe Out' whenever you are stretching.

A very little 'Bounce' may help your reach back and under a bit farther but do NOT overdo the 'Bounce' as it makes you susceptible to soft tissue injury. (strain) If you feel any pain, stop. If you get injured, you will lose time in your programme healing unnecessarily. This is a long term challenge and not one that you will accomplish over night!

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

### **SATISFACTION GUARANTEED**

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