

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

## **GOLF SWING WARM UPS**

### **SHAFT ACROSS YOUR SHOULDERS ROTATIONS**

#### **SHAFT ACROSS YOUR SHOULDERS ROTATIONS:** (Shoulder & LAT Stretches with Trunk-Spine Rotation)

This is very similar to the 'Trunk Rotations' above. But let us focus on 'Trunk Rotations' first and then 'Lateral Stretch and Strengthen' moves. The 'Trunk Rotations' accomplish the Coil and Un-Coil'. To 'LAT Stretch', simply, from the 'SET-UP' position, drop one end of the 'Long Shaft' down as far as you can to your side in a 'Vertical Move'. Hold for a '5 Count'. Then 'Push Down' and breathe out fully. Hold for another '5 Count'. Raise back up vertically slowly to the start position. Repeat the procedure to the other side.

You can vary the sequence and 'ROM' slightly by rotating a little to the 'Brace or Target' before doing the exercise. Innovation is generally good! This changes the 'Plane Of Rotation'.

**“Welcome Aboard!”**  
**“Enjoy The Ride!”**

### **SATISFACTION GUARANTEED**

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