

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

GOLF SWING WARM UPS SHAFT ALONG YOUR SPINE, ARM STRETCHES

SHAFT ALONG YOUR SPINE, ARM STRETCHES:
(one Hand behind your Lower Back, other over your Shoulder
Hands varying widths apart, closer is tougher

Once you have 'SET-UP' properly and comfortably, one hand on top of the shaft behind your back and the other towards the bottom, move both 'Hands' up and down. The objective or focus 'Hand' is really the 'Bottom Hand'. An objective is to get this 'Hand' up and touching your lower 'Scapula or Shoulder Blade'. The ultimate might be to clasp your 'Index Fingers or Hands' behind your back and then move up and down. You can do it via this progressive exercise!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7

