

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

GOLF SWING WARM UPS

SHAFT BEHIND YOUR BACK

UNDER YOUR ELBOWS ROTATIONS

SHAFT BEHIND YOUR BACK UNDER ELBOWS ROTATIONS:

This is very similar to your 'Shaft Across Your Shoulders' exercise. A little variety is good. This variation relaxes the 'Shoulder Load' slightly as your 'Lever Assemblies' are not raised up to 'Shoulder Height'. Your 'Hands and Arms' are about at 'Rib Cage Elevation'. You can make a fist and hold it at your 'Hips'. Use the same 'Move Variations' as in the above exercises. Remember, the purpose ('with 'Levers Zeroed Out') is to 'Stretch and Strengthen' your 'Abdominal Core' ... that 'Trunk Triangle'!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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