

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

## **GOLF SWING WARM UPS**

### **SIDE STEPS**

#### **STEP STEPS**

This is also a 'Hip Glutes and Quads Stabilizer' drill. 'SET-UP' again rather like you might do when you are getting ready for a 'Mid Iron Full Swing'... All the 'Components' properly in place. Stance has your Feet a few inches apart. Quads & Glutes reasonably loaded. Stay loaded throughout the entire exercise.

With your 'Feet Set About 6" apart, lift your 'Brace Foot' up off the ground about to 'Knee Level'. As you are doing this, 'Step Brace Side' to about 15" to 18" separation. Then follow the moved 'Brace Foot' with the 'Target Foot' back to about 6" separation. Then lift your 'Target Foot' back off the ground to about the 'Knee Level' and move it back to the original 'Target Foot Location'. This is followed by lifting and returning the 'Brace Foot' back where it started. Keep this 'Step Step Process' repeating for ten, twenty or thirty repetitions.

Keep your 'Foot and Leg Lift' to about the same height of about 'Knee High' each sequence.

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

### **SATISFACTION GUARANTEED**

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