

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

## **GOLF SWING WARM UPS**

### **SLAP YOUR HAND**

#### **SLAP YOUR HAND EXERCISE:**

(Active Brace Palm to Stationary Target Palm)

This is a 'Dead Rope Pivot Exercise' so it is both 'LBM and UBM'. Great combination!

'SET-UP' fully as you know how.

Drop your 'Target Hand and Lever' right down towards the deck. Palm open facing towards the 'Brace or Aft Side'.

Let your 'Brace Hand' also hang softly with a little 'Elbow Flex' as you might have in a fully normal 'SET-UP' with a 'Golf Club'. There is always a little 'Wrist Break' or 'Break Angle Between The Shaft and Forearm'. The 'Brace Palm' will face the 'Target Palm'.

Now raise you 'Brace Hand' to your 'Brace Arm Pit' (see 'Body Clocking' which induces 'Coil' 'From The Outside In' and 'From The Top Down'). With your 'Top Of Back Swing' accomplished, let the 'Brace Hand' gently drop down. The 'Lateral Bump' will happen, followed by catching it with a smooth powerful 'Brace Leg Drive' that propels the 'Brace Hand Through The Waiting Target Palm'.

This exercise is designed to create 'Stretch & Strengthen' as well as to enable you to 'Feel' what properly timed 'Brace Leg Drive' to and through a waiting 'Target' might be like.

If you have your proper 'SET-UP' including that very necessary 'Open Target STANCE' supported by the 'Square Brace STANCE', you shall get the 'Feel Of Success'! Remember it well!

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

### **SATISFACTION GUARANTEED**

E-Mail: [AskUs@555golf.com](mailto:AskUs@555golf.com)

WebSite: [555golf.com](http://555golf.com)

Telephone: (817) 673-8888

24/7