

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

## **GOLF SWING WARM UPS**

### **SLIDE SIDE STEPS**

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This is another 'Hip Stabilizer' and hamstring curl stretch and 'Range Of Motion' exercise. 'SET-UP' 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. Again, 'Reduce The Weight On Your Brace Foot and then Slide the Brace Side Across The Floor' about 12" to 18" as if there were sand on the surface. You can also do this drill in your stocking feet. Then they will slide more easily than with sticky shoes. The move is like 'Ice Skating' on the gym floor. 'Slide Target Foot Out To The Target Side' and then, shifting your weight, Slide Back Brace Foot To The Brace Side'.

When you actually do the 'Step & Slide', make sure you get some extension or reach in each step.

Once you have completed one, do ten, twenty or thirty more.

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

### **SATISFACTION GUARANTEED**

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