

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

GOLF SWING WARM UPS

STEP FORWARD & BACK LUNGES

STEP FORWARD & BACK LUNGES: (Quad, Lumbar and Abdominal Exercise)

Stand '555 SET-UP' but with no 'Knee Flex' to start. Feet relatively close together. Eyes looking at a spot on the wall of some fixed object in front of your 'Chest'. Now 'Step Forward' about a full stride with on foot. As you do this, sit or squat down loading the 'Quads and Glutes'. Hold your tummy firm. Such that 'Bladder Back Towards Your Spine' and 'Hold It'. Get the Forward 'Quad and Femur' about level to the floor or ground. Hold for a '5 Count'. Then stand back up to your original start position. Now repeat the exercise but stepping forward with the other foot. Same procedures. When you get stronger and more stretched out, you can add weight in the form of a bar bell across your shoulders. Keep the 'Knee Bends' quite deep but not to the bottom. These are the 'Step Forwards'.

A variation is the 'Step Backs'. Same basic exercise but, instead of 'Stepping Forward' you 'Step Back' about the same distance with the rear foot. This induces the same 'Quad Squat' as with the other variation. Follow the same 'Breathe In And Out Sequence'. Suck it in! Add a little progressive weight if you feel capable. Feel your entire body working! Enjoy!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7