

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

## **GOLF SWING WARM UPS**

### **TOUCH YOUR KNEES DOWN TO YOUR TOES**

#### **TOUCH YOUR KNEES DOWN TO YOUR TOES:**

(walk your Hands Down Your Legs and Back Up Exercise)

This exercise is designed to enable your slowly improving 'Lumbar ROM' with exercises that have minimal 'Load or Strain'. We do NOT support our 'Torso and UBM Mass' with our 'Spines' at first. We want to develop good 'Range Of Motion' ('ROM') first before we add strength.

Proper '555 SET-UP', suck it up. 'Pull your Bladder Back' to tighten your core. Let your 'Levers' ('Hands and Arms') drop down to your sides. Relax. Then place your palms just above your 'Knee Caps' at the lower insertion of the Quads. Slowly bending over, walk your 'Hands' down you shins supporting your 'Body Mass' so your 'Lower Back' does not have to. When there, breathe out fully. Allow your 'Body Mass' to 'Stretch Your Lumbar Aspect' and compress your 'Abdominal Aspect'. Breathe out fully.

Then, breathing back in, 'Walk Your Hands Back Up Your Shins To Your Lower Quads'. Relax and Repeat! When you get stronger and establish greater 'ROM', you can add weight. This gets you very predictably stronger.

**"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

