

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

## **GOLF SWING WARM UPS**

### **TRUNK ROTATIONS**

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(arms level and parallel with Shoulders)  
Turn, Extend and Point Brace & Target

This is similar to the 'Horizontal Windmills or Helicopter Exercises'. All you do is out stretch your 'Lever Assemblies' fully 'In Line and Level With Your Shoulders'. Hold them there. This fully promotes improved 'Scapular Stability'. Now, without altering the 'Hand, Arm, Shoulder Relationship', rotate your 'Shoulders' fully to the 'Brace Coil', '5 Count', Breathing Fully Out and then move all the way to the 'Target Un-Load Side' while breathing out. Hold 5 Count'. Pressure it a little farther to the 'Target Side' and hold.

There are great variations here as well. You can slightly alter the angle of the 'Shoulder To Lever Angle' and repeat. You can also maintain the 'Lever to Shoulder In-Line' configuration while altering your 'Spine Angle'. You can progressively do this all the way to 'Spine Horizontal To The Ground' position enabling your 'Windmills' to be fully 'Vertical'. Then you can swing your 'Finger Tips' from 'Toe To Toe' or even beyond in 'ROM'. Be ingenious and adventuresome!

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

### **SATISFACTION GUARANTEED**

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