

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

GOLF SWING WARM UPS

VERTICAL NECK ROM

VERTICAL NECK EXERCISES:
(Chin to Chest, Neck Flexion and Extension)

This is still about 'ROM'. You want to not only have good 'Rotational Movement' but also good 'Up and Down' or 'Flexor and Extensor ROM'. Always 'SET-UP' properly, then 'Drop Your CHIN' down to your 'Upper Sternum or Chest'. Do not force anything but work towards nice positive contact. You can increase it over a period of time! Don't rush it! 'Inch By Inch, It's A Cinch'!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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