

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

HAMMY STRETCHING

HAMMY STRETCHING:

I do not know anyone who does not need to do this drill daily!

This is a really easy, 'Do-It-Anywhere' '555 Bullet-Proof Fitness Drill'. Simply find a ledge or platform about 'Waist to Chest' high with good footing at its base.

Standing erect, 'Core Engaged', raise your 'Heel' up onto the bench. Extend Your Leg and Straighten Your Knee'. Make sure you are standing far enough away from the platform that you can have a comfortably straight 'Leg'.

Now, keeping your 'Knee Straight', 'Body Spinally Tall', 'Supporting Leg Straight Up' ('Extended'), gently and smoothly bend over and slide your 'Palms and Finger Tips Down the Top Of Your Thing Across Your Knee and Down Your Shin'. Relax and 'Breathe Out' all the while sliding farther down your 'Leg'. You will feel the 'Lower Back and Hamstrings' getting longer. Let it happen! 'Relax and Release'. 'Position & Hold' for a '12 to 15 Count'. Do '8 to 10 Repetitions' and '2 to 3 Sets'.

Reverse the 'Legs' and repeat!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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