

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

HIP ROLLS & TOE EXTENSIONS

Angels As A Kicker – Full Body Work Out

'Lie Flat On Your Back' on the floor with your 'Back' nice and long. The 'Shoulders' should also flat on the ground. The 'Arms & Hands' are outstretched to about 'Shoulder Position'. You will likely 'Feel' your 'Head, Shoulders Butt and Heels' in contact with the floor. You will also 'Feel' like you are going to draw or make '**Angel Patterns In The Snow**'.

From this 'Ready Position', you will do several 'Motions':

1) With your 'Palms Up' or with the backs of your 'Hands' on the carpet, move both your 'Hands & Arms' up as far as you can. Hold for a '5 Count'! Then slide them back down all the way to your 'Hips'. Do this 'Motion' '10 Reps and 3 Sets'. Extend to '5 Sets' as soon as you can do so comfortably.

2) Repeat the same '**Upper Body Angel Drill**' ('UBM') with your 'Palms Down'. This will likely change the 'Muscular Dynamics' and you will experience different 'Tensions or Resistance'. Keep the 'Stress Level Low' until you are thoroughly warmed up. You may not fully extend for a week or two.

3) With the same 'SET-UP' ('LBM'), 'Heels Together', now make '**Angel Patterns With Your Heels & Legs**' moving outwards. You will 'Feel' stretch in your 'Groin and Medialis Quadriceps'. Do NOT overdo this move. But, when fully warmed up, make sure you extend the move to a point where you can 'Feel Some Groin and Inner Thigh Stretch'. Hold for a '5 Count'! Do '5 Reps and 3 Sets' until you can comfortably do more. Strive for '10 Reps and 5 Sets'.

4) This 'LBM' drill can also be accomplished with very minor but useful variations. Do the same 'Motions' first with your '**Toes Rotated Outward**' and the repeat it with your '**Toes Rotated Inward**'. You will 'Feel' the slightly different muscles in play.

NOW TO THE HIP ROLLS

5) 'SET-UP' primarily as above, with 'Head, Shoulders, Butt and Heels' in contact with the floor. 'Hands Palm Up' at first and then 'Palm Down' after you are fully warmed up. From this 'Ready Position', keeping your 'Head & Shoulders In Contact' with the carpet,

raise your 'Right Foot Up Off The Floor About 12 Inches' and then move it 'Horizontally or Laterally' across your 'Midline' and your 'Left Foot' as far as you can comfortably do so, allowing your 'Right Toe' to finally come in contact with the floor. Once this contact has taken place and you are thoroughly warmed up, slide that 'Right Toe' as far out along the floor as you can. **'Breathing Out & Stretching'!** Hold for a '5 Count'. Return to the 'SET-UP' Position'. Repeat '3 Reps and 3 Sets'.

Now, 'SET-UP' and perform the same 'Motions' in the other direction. Use your 'Left Foot and Toe' as the 'Traveling Component'. Repeat '3 Reps and 3 Sets'. Extend this number to '10 Reps and 5 Sets' as soon as you can comfortably do so.

6) Now perform these same 'Hip Rolls' with your 'Feet Elevated and Knees Pulled Up. 'Feet About Even With Where Your Knees Use To Be In the Standard SET-UP'. This is appropriately the 'Bent Knees Position or Variation'. Same sequences 'Reps & Sets'.

7) A further useful variation to this theme, is to 'Repeat To The Point Of Maximum Contact', with your 'Right Foot and Toe', 'Hold For A '5 Count', then relaxing and 'Breathing Out', reach over your 'Hips and Tummy' or 'Shoulders' (different planes) with your 'Right Hand' ('Allowing Your Right Shoulder To Lift Off The Carpet and Move Freely') until the 'Right Hand' contacts the floor as well as the 'Right Foot'. Extend and stretch the 'Finger & Hand' as far as you can comfortably do. Make more 'Angle Circle Moves'. When you have held you 'Optimal Reach Position For A 5 Count, Breathing Out Fully', return to the 'SET-UP Ready Position'.

Repeat the entire 'Drill Sequence' now with the 'Left Side' being dominant or active.

You can be innovative and add your own little 'Variations' as you will. I like to either repeat all these drills with 'Different Hand Rotated Positions'. Also I find the going to extension 'Lever Extension' and then performing the 'Hand Rotations' is really useful and productive as well.

"Welcome Aboard!"
"Enjoy The Ride!"

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