

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

KHEELING LEG RAISE AND ARM REACH

KNEELING LEG RAISE AND ARM REACH:

Get 'Doggie Down On Your Hands & Knees' with your back nice and straight and head in a level neutral position with eyes focused on the floor just in front of you. Raise your 'Target Knee Off The Floor and Mule Kick Straight Back and Out To Full Extension', 'Toes Extended and Pointed'. At the same time, take the weight off your 'Brace Hand', raise it up and extended directly out in front of your shoulders level with your level back. It is important to 'PUSH' both your 'Hand and Foot' well out from your 'Body or Trunk'. One must extend the 'Reach or Range Of Motion' ('ROM').

When you are in this fully extended configuration, 'Position & Hold' for a '3 to 5 Count'. Do '8 to 10 Repetitions' each and '3 to 5 Sets'. Start small and work up over time! Don't push the envelope or you may pay a 'Soft Tissue Injury Price'! No need!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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