

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

#### **KNEES, QUADS & HAMMYS**

Let us organize 'Fitness Frills' that can be done anywhere and anytime. You should not have to go to the gym and shower after all your drills. I can do these in my home and office, if the door is closed and my secretary is at her desk!

The knees are very important. You require 'Stretch & Strength' ('Extensor & Flexor'). 'Range Of Motion' ('ROM') is really important!

I do some leg and back exercises while I shave in the morning and repeat them at night before I go to bed. Simple little '**Squats**' are really productive. While brushing your teeth or shaving, '**Sucking Your Lower Gut In**' and '**Pulling Your Bladder Back Towards Your Spine**', lower your 'Butt 10 Inches Closer To The Floor' and hold that position for ten seconds while your brush or scrape those whickers off. Then stand back up but NOT all the way! Do NOT unload your 'Quads & Glutes', which you will do if you stand all the way up. There is very little exercise in standing. Horses often sleep standing up! They only lie down when they feel totally safe! Just like us?

It is really important with these 'Drills' to '**Create Space Between Your Hips Sockets And Your Sternum**'. Keep your Body tallish and long in the abdomen and trunk. That is how we properly 'SET-UP' and 'EXECUTE' 'Golf Swings'. Exercise in the same 'Braced Up' manner.

This '**In Front Of The Mirror Squat Drill**' needs to have about 10 reps per set and you must do 3 sets. You can do these 'Fitness Drills' standing in front of the kitchen sink or counter as well.

Repeat the sequence again with deeper knee bends to the '**Horizontal Thigh Position**'. Hold for the same ten seconds. Do 3 sets of 10 reps.

Once you get the basics down, you can lower your butt closer to the ground or even all the way to sitting on your calves a few reps per session. This is to accomplish depth in your squats and to stretch your 'Soft Tissues' and increase your 'ROM'.

As you get better and stronger, you can do them more slowly, hold for shorter durations, increase the reps to 20 and do 5 sets, three times a day. When you want to focus a bit

more on **‘Cardio-Pulmonary’** increase the speed, increase the number of reps to between 30 and 50 and still perform 5 sets. ‘Breathe Deeply In & Out’.

You can alter the ‘Muscle Groups’ slightly by doing the above with your **‘Foot Axis’** in three different positions. 1) Square to the mirror, 2) Both turned outwards to your Hip Axis and 3) Both turned inwards to the Hip Axis. When you make these changes, do so with reduced load, reps and sets at first. If you are uncomfortable, cease and rest! If you are not comfortable with any of these ‘Fitness Drills’, consult your family physician quickly and before you resume.

Let’s get to the **‘Quads & Hamstrings’** (‘Upper Back Of Your Thighs’ – the muscles between the back of your knees and your ‘Butt’ – ‘Glutes’).

The ‘Squats’ work the ‘Quads’ but not too much ‘Hamstrings’. To increase the work-load and ‘ROM’ of your ‘Hamstrings’. To stretch them, stand tall against a wall and bend over slowly touching your knees with our stretched fingers, hands and arms. Then touching your ‘Shins’ and gradually lower to touching your ‘Ankles’. **‘Breathing Out Fully’**, extend this reaching down ‘ROM’ to the tops of your shoes and finally all the way to touching the floor. Hold for a 5 to 10 count!

When you get really flexible and have increased your ‘ROM’, you will or may actually be able to place your **‘Palms Flat On The Ground’** with your knees fully extended or locked. That’s flexibility or stretch! (‘Extensor’) You will be in the minority!

Now what about ‘Flexor’ or contraction?

The easiest way to start developing this aspect is to stand on one leg and lift your unloaded ‘Heel’ slowly up to and touching your butt. 5 reps 3 sets. You can add load by various means such as hanging a bar bell on your ankle. Do both legs.

Another good way to start this ‘Road To Fitter Hammys’ is to lie on the end your bed, at your hip sockets, tummy down and slowly raise your feet of the ground about six inches and hold for a 5 count. Then, gradually increase the ‘Range Of Motion’ all the way to bringing your heels up to your butt. Gradually add weights as you can. There are numerous fitness machines that make this ‘Fitness Drill’ very easily accomplished.

**“Welcome Aboard!”**  
**“Enjoy The Ride!”**

**SATISFACTION GUARANTEED**

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24/7