

ELITE SPORTS PERFORMANCE

(‘ESP’)

‘FITNESS TIPS’

LOWER BODY MACHINE STRETCH

(Is Your Back Against The Wall?)

If you are not ‘Lower Body Machine’ (‘LBM’) stretched out and strong you will not perform properly and may very likely get soft tissue injured. Simple to prevent! You require ‘Core Flexibility and Strength’ (‘ROM’).

Your ‘LBM’ is from the tip of you nose to the tips of you toes. It is where your ‘Primary Golf Engine’ (‘Horizontal or R&R’) is located and performs.

We must have toned, high-performance Quads, Glutes and Abdominal Core Muscles in order to be able to perform the primary ‘R&R Golf Moves’ in a stable manner.

Here are two good stretching exercises to be done at home. If you have the slightest question about the safety of this exercise, consult your family physician first!

Sit on the floor with you back to the wall. Slide your **‘Butt and Lower Back’** against the wall. Sit up very tall from your Butt to the top of your Head. Keep you legs extended with the back of your knees touching the floor. This will stretch your **‘Hammies’** and all the muscles along the back of your body, heels to your neck. If you cannot quite get the back of your ‘Knees’ to touch the floor, start with bent knees but get them straight as soon as possible.

Next step is to increase your **‘Range Of Motion’ (‘ROM’)**. Add more stretch and free movement. To do so while still in this ‘SET-UP’ position, simply bend from your ‘Hip Sockets’ forward until your ‘Flattening Tummy’ touches the front of your thighs or Quads. You will eventually be able to get you CHIN touching the top of your thighs. When you do this **‘Abdominal Bending Aspect’**, place the ‘Palms Of Your Hands’ on your Thighs and slide them down towards and past your ‘Knee Caps’. Remember it is primarily a “Stretching Exercise” and not ‘Strengthening Discipline’.

There is a good **‘Variation’**. Sitting in the primary start position, ‘Butt and Long Tall Back Against The Wall’, bring your ‘Knees Up Against your Chest’, hold for a ‘5 Count’, breathing out. Relax. Move your ‘Heels’ back down and out along the floor to where the ‘Back Of Your Knees’ again make contact with the floor. Breath out and relax. Then, breathing in, pull your ‘Heels’ back along the floor until they both touch your ‘Butt’. Now, with your ‘Heels Together’, push you ‘Heels’ back out away from your

‘Butt’ about 12 to 15 inches. Stop! Place your ‘Palms’ on the inside or medial portion of you ‘Knee Cap’. Next, apply pressure outward with each hand so as to force the outside of each knee towards the floor. Let you ‘Hip Muscles’ (‘Flexors and Stabilizers’) relax so that your ‘Knees’ rather fall towards the floor. When gravity isn’t enough to continue the knee motion, when your hips and groin (‘LBM’) get snug, then ‘Apply Outward and Downward Pressure’ with your ‘Hands and Arms’. Breathe out and push down. Repeat this ‘Out and Down’ and ‘Up And In’ cycle ten repetitions. Remember the purpose of this entire exercise is ‘Stretching & Relaxing’.

There are a lot of easy variations to these exercises ... **‘Little Ones and Big Ones!’** Think and ‘Feel’ where you might have ‘Resistance To Movement’ (‘Tightness’). When you realize where you are ‘ROM RESTRICTED’, devise ways to work on and improve those deficiencies. Make sure you have you fitness professional’s approval before you get over-extended. Be reasonable. Again, if you feel any unreasonable degree of discomfort, ‘Stop And Consult With Your Family Physician’!

I said **“Little and Big Ones”** above. What might be an example of a ‘Little Variation’?

As simple as ‘Rolling Your Hands From Palms Down to Palms Up’ when you are fully reaching or extended down the top of your Thighs and Legs. You can actually ‘Rotate Your Hands and Forearms’ as fully as possible to progressively increase the old ‘ROM’!

While you are accomplishing this ‘Hand Wrist Forearm Rotation’, you can flex you fingers and palms ‘Very Open’ and then make a fist. This too is a great ‘Golf Exercise’. We often tell our serious athletes to carry a racquetball around and squeeze it as many times a day as possible. Is this a ‘Stretch or Strengthen Exercise’? Remember to always do both side of the coin! End every fitness or physical work session with ‘Stretching’.

A bit bossy? Of course! We are teachers and thus must lead people we care about!

You be innovative and imaginative.

Get at it!

Enjoy!

“Welcome Aboard!”

“Enjoy The Ride!”

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24/