

ELITE SPORTS PERFORMANCE

(‘ESP’)

‘FITNESS TIPS’

LOWER BODY MACHINE STRETCH

(Using That Door Jamb!)

This exercise is primarily a ‘Hip Flexor and LBM Core Focus’ and will greatly assist you in ‘Stretching Out These Primary Athletic Golf Muscles’ without which your performance shall be hampered. **‘Mediocrity Sucks’!**

You are reading this ‘Fitness Tip’! Are you sitting as tall as you can with your ‘Butt and Lower or Lumbar Back Against the Back Of The Chair’? Are you breathing in and out ‘Deeply’? If not, smarten up! You are missing an opportunity to be fitter and more comfortable while you read! If you have not already made the acquaintance of ‘Lumbar Discomfort’, **‘Avoid The Bastard’!** He’s very poor company!

Remember, you can and should always be really **‘Innovative And Imaginative’** about your total exercise plan. When you are working on this ‘Stretch Discipline’, add little ‘Variations’ all the time that involve any and all of your ‘Body Parts’. It is a private session! While sitting in the chair reading, ‘Rock Your Shoulders’!

You want an example or ‘LBM Stretch’! OK! (‘The LBM is all the Body Parts from the soles of your feet to the top of your head excluding your ‘Lever Assemblies’ which are your ‘Hands, Arms and Shoulder Sockets’)

When your primary focus is on your **‘Hip Girdle, Trunk and Abdomen’** you can simultaneously work on your ‘Hand Stretch and Strengthen’. When you are fully ‘Stretched’ in any phase of the primary stuff, you can ‘Squeeze Your Fingers Into A Fist’, hold for a ‘5 Count’, then fully relax, breathing out, followed by extending you fingers and palms out as far as possible for another ‘5 Count’. Strong hands are a golfer’s trademark! Killing two birds with one stone! Right?

Now to the **‘DOOR JAMB’!** Better than having you nose in the corner!

Lie on the floor in the doorway on your left side first. Place you ‘Tummy Facing In The Direction Of The Hinge Side Of The Door Jamb’. Place your ‘Knees’ adjacent or equal to the ‘Striker or Door Stop Jamb’. Your butt will face the ‘Striker Side’. **Straight legs!** (knees in the middle of the doorway) Elevate your top or right ‘Foot and Leg’ about 6 inches above your left. Now bring your ‘Right Foot’ up to the ‘Hinge Side’ of the doorframe. Place the ‘Sole and Arch Of Your Foot’ on the door trim or molding. Hold for a ‘5 Count’ breathing out. Relax! This will start gentle ‘Stretching’ of a very large potion of your ‘Lower Body Machine’. Next apply some smooth pressure with your ‘Right Foot’ so that you ‘Feel’ like you are attempting to push

yourself along the floor directly away from the 'Door Frame and Trim'. This will 'Stretch & Strengthen'. WOW! More bang for the buck?

When you are warmed up, '**Extend The Range Of Motion**' ('ROM'). How?

Simply move the 'SET-UP Position'. Place the 'Hinge & Stop' adjacent to you mid thigh and repeat the 'Process'. You will now logically be able to 'Stretch' farther. Do more reps and then move the 'Hinge & Stop' to your hips and then belly button. Eventually, will get your knee all the way up to you chest. That will be great and you 'CAN' do it for sure! You realize that this 'Using The Door Jamb Exercise' is really like very big 'Stair Climbing' while lying down on the job? Pretty neat right?

A slight 'Variation' might be, once you have done five or ten repetitions or cycles, to bring your 'Right Knee' up to your chest and then to extend and run or slide you 'Foot' either up or along the actual wall surface of the room in which your 'Upper Body' is located. Work towards full extension to a straight 'Right Knee' configuration. '**PUSH IT OUT**'! This is 'Extensor - Flexor, Adduct and Abduct. You can add some 'Inward and Outward Rotation' if you like. If you have to fart, that's OK. You are alone! While you are 'Stretching, Breathe Out Fully'. After you 'Stretch or Strengthen', always 'Relax'!

You did not know it was possible for you to do the same exercise in two separate rooms at the same time did you?

Once you have worked yourself through a full regimen on your 'Left Side' using your 'Right Foot', roll over onto your 'Right Side' and complete the same program one more time using your 'Left Foot and Leg'.

Again, a slight added 'Variation' might be to '**Extend or Slide Your Foot Along The Wall**' followed then by 'Sliding or Elevating' it up the wall as far as you can. This works the 'Adductors & Abductors' and can even activate 'Inward and Outward Rotation' if you rotate your 'Active Toe Right and Left'. Great stuff!

These little 'Variations or Add-Ons' will make you more flexible every time you put in the effort to accomplish them.

'First We Do The Work And Then We Get Paid'!

This is your 'Trip and Journey'.
Get from 'A To B'!
Enjoy!

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