

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

## **PRIMARY EXERCISES**

### **LEG LIFT CRUNCHES ON BIG BALL**

#### **LEG LIFT CRUNCHES WITH A BIG EXERCISE BALL:**

This is another form of doing abdominal crunches to strengthen your core. Use the same big ball. Lay flat on the floor with your 'Thighs' about 90 degrees to your butt and back with your lower legs supported by or resting on the big ball. Your hands should be palms down and flat on the floor for stability. Pull your heels gently towards your butt squeezing the ball. Pick the big ball up off the floor about 6 inches with your Heels and Legs. Position & Hold' for a '3 to 5 Count'! Do '8 to 10 Repetitions' and '2 to 3 Sets' as capable.

**"Welcome Aboard!"**  
**"Enjoy The Ride!"**

### **SATISFACTION GUARANTEED**

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