

# ELITE SPORTS PERFORMANCE

(‘ESP’)

## ‘FITNESS TIPS’

### LET YOUR SHOULDERS DROP ARMS LONG

There are a fair number of ‘Fitness Exercises’ that one can do virtually anywhere, anytime in any clothing. These are the best kind of drills. No excuses not to do them!

Golfers need nice soft and elongated ‘Trapezius Muscles’, the ones running from the base of the skull and upper neck to the tip of the shoulders. When elongated they enable the shoulders to droop and drop, to create space between your ears and the tip of your shoulders. This is a very useful condition for making good ‘Free-Wheeling Golf Swings’ to the very ‘Bottom Of Swing Arc’ (‘BOSA’). To earn the ‘Golf Benefits’ of these nice long muscles, one must firstly ‘Stretch’ them and then ‘Strengthen’ them as well. How is the pertinent question? Easy!

If you are carrying one or two briefcases, yours and a good-looking friend’s, do so with one in each hand! Let your hands hang deeply right from your shoulder sockets. This will stretch your ‘Traps’ and even lead to ‘Scapular – Shoulder Stability’. To add to the value of this ‘Bullet-Proof Exercise’ while carrying the load, you can simply make big ‘Shrugs Of Your Shoulders Up & Down’. End with the ‘Down’! Breathe out when extending your hands to the ground. Feel like a bit like a orangutan or gorilla!

If you are feeling adventuresome, while you do your ‘Shrugs’, roll your ‘Shoulder Sockets’ (‘The entire Shoulder Mechanism’) clockwise and counter clockwise.

You can also clasp your hands behind your back or in front. Once clasped, push down and breathe out. Another way you can stretch and even strengthen these specific shoulder ‘Elevators’ is to sit down and reach under the back of your thighs. Clasp your hands. Then try to sit up with your trunk muscles. This will apply traction to your ‘Traps’. You can also attempt to spread your knees apart while applying the ‘Sit Up Traction’. Stretch variations are essential to your ‘Personal Fitness’.

## SATISFACTION GUARANTEED

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24/7