

ELITE SPORTS PERFORMANCE

(‘ESP’)

‘FITNESS TIPS’

LOWER YOUR BUTT & WALK

(‘Suck In Your Lower Gut’)

There are very few really good ‘Fitness Exercises’ that can be done almost anywhere or any time with little or now preparation or clean up and be virtually unknown to others! Well almost! This is one of them!

How is the condition of your ‘**Lower Body Machine Core**’? The \$64,000.00 questions! This ‘Core’ is the bone, muscles and other soft tissue in the region of your ‘Upper Thighs’ to your ‘Lower Chest or Diaphragm’. It thus includes the ‘Abdominal Trunk’. This is the ‘Golfing Machine Engine’!

If you do not have adequate ‘**Core Stability**’, your ‘Spinal Tether Ball Pole’ will be wavering about when you make virtually every ‘Golf Procedure’ from ‘Putting to Driving’. Your success will surely be compromised.

Do you every walk? At all? Likely, right? ‘**Sit Down Walking Burns 100% More Calories Than The Normal Method**’! Ladies and gentlemen! Do I have your attention?

When you next do this common ‘**Ambulatory Exercise**’, do it at slow speed and ‘Feel’ what is going on. Continue to make one step after another. ‘Feel’ each step! Now ‘**Lower Your Butt!**’ 3 inches and continue for ten steps’. Then 5 inches! You will feel more load or even burning in your ‘Quads & Glutes’ which is upper legs and your butt. While you are doing this very simple exercise, focus on the front of your ‘Bladder’. ‘**Suck It Back**’ towards your spinal column! Hold it there and keep walking with that lowered butt. Twenty more steps! Great abs coming at you!

Need I say any more? There are lots of residual benefits in this simplicity! Do this as much as you can every day and everywhere. Doesn’t look as silly as you might think!

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