

ELITE SPORTS PERFORMANCE

(‘ESP’)

‘FITNESS TIPS’

LUMBAR BED WORK

Hey! My Kind Of Exercise!

We need to ‘Stretch & Strengthen’ a little all the time. The soundness or wellness of our ‘Lower Backs and Tummies’ shall determine how successful we might become at this silliness we have come to call ‘Golf’ especially if our games are important to us. Even if they are not, how about just feeling good while walking around this planet day by day? Let us assume for this purpose that our back is a ‘5’ on a scale of 1 to 10! By the way, if you have back problems, make it a priority to see a quality medical practitioner who knows your musculo-skeletal framework.

If you have tenderness and current discomfort, the application of ice by the ‘20 On and 20 Off Rule’ is in order. Do not apply heat! You will already naturally have plenty of that in you physiological recovery process! We want to treat early soft tissue injuries with cooling and increased circulation. I want to tell you also that ‘Lumbar Back Issues’ unavoidably involve ‘Frontal Weakness or Lack Of Tone’. We function in a circle.

Lay across your bed, side to side, tummy down, with you middle to upper ‘Thigh’ at the edge. Hold onto the far side edge of the bed with both hands. Your legs will be off the floor. Moving your ‘Hips’, rocking back and forth, will elongate your full back towards the hip edge of the bed. ‘Let Any Tension Out From Your Finger Tips To Your Toes’. This is a ‘Stretching Process’ and should feel good! Do it ‘Breathing Out and Relaxing’. ‘Stretching Means Pulmonary Work’. They go ‘Hand ‘N Glove’!

When your ‘Hips’ reach the edge, you ‘Thighs and Legs’ will then drop towards the floor adding just a little more leverage or cantilever stretch. ‘Breathing Out and Relaxing’! Allow your back to relax! The ‘Rocking Action’ will assist in making this ‘Bullet-Proof Exercise’ a total success! 10 Count! 5 Reps!

At this time, a third party deep massage is also very good for your ‘Lumbar Well-Being’!

SATISFACTION GUARANTEED

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