

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

LUNGE STRETCH

LUNGE STRETCH:

Stand erect, 'Lower Tummy Muscles' ('Transverse Abdominus Erectus') sucked back pulling your bladder towards your spinal column. Placing your hands on your active knee, take a large 'Lunging' step forward, dropping your 'Trailing Knee', thigh and butt down towards the floor. You will feel like you are sliding forward and down until your 'Trailing Knee' makes contact with the floor. Keep a 'Pushing Down Feeling' of your 'Hands On Your Active Knee'. Keep your back straight and Head or Chin Tallish. You will feel the great stretch in most of your body. You will improve the 'Hip Flexor or Stabilizer' functions. Your 'Lower Body Machine' ('LBM') will love the workout. You will stimulate all the 'Core Stabilizers' and 'Spinal Muscles'. 'Position & Hold' for a '12 to 15 Count'. Do '2 to 3 Repetitions' and '1 to 2 Sets'. Resume the 'Standing Erect' configuration. Change the 'Subject Leading Leg' and repeat. 'Breathe Out At Full Muscular Extension' to maximize the 'Movement'.

A little variation might be to do these 'Lunges' with a 'Bar Bell' in each hand to increase the 'Mass or WORK Load'. You can also rotate your 'Hands and Arms' to the right and left side during every lunge or to one alternating side after each lunge. Get the most out of your 'Fitness Drills'. More miles per gallon!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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