

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

MEDICINE BALL EXERCISES

BACK WORK

BACK WORK:

This is simply exercising the opposite side as the above 'Abdominals' which we must do to develop and maintain 'Symmetry and Balance' essential to Golfers.

Lie on your front, place the 'Med Ball', held in both Hands, Elbows out, behind your 'Head and Neck' and then raise your Head and Chest slowly up off the floor about six inches. Hold. Release and return to the floor but without completely settling your weight back on the floor. Five reps. Breathing!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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24/7