

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

MEDICINE BALL EXERCISES

DIAGONAL HAMMERS

DIAGONAL HAMMERS:

This is the same as the above 'Vertical Hammer' except you vary the 'Plane Of Motion' from up and down to the 'Up Position's Being Across Your Chest to Your Target Shoulder'. You may again start with your 'Brace Hand' but utilizing a shorter 'Range Of Motion' for five reps and then increase the distance the Ball travels to above and even slightly behind the Target Shoulders. Now repeat this process with the Target Hand. As you get warmed up and stronger, you may use a larger 'Med Ball'. Never hesitate to slightly modify these 'Exercises' to suit your personal needs, but do so intelligently.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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24/7