

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

## **MEDICINE BALL EXERCISES**

### **HALF HAMMES WITH AFT PUSH**

#### **HALF HAMMERS WITH SOME AFT PUSH:**

These are very similar to the 'Vertical Hammer' but not only utilize the 'Biceps, but also the 'Triceps'. With the same 'Set-Up' move the 'Med Ball' forward to about mid thigh and then smoothly down and back to extension behind your 'Brace Knee'. This is the 'Push Aft' aspect. Five reps with a little increase in the amount of 'Push Back' perhaps in five more. Then change Hands and repeat. To make a slight 'Variation To The Theme', simply rotate your 'Wrist Hinge' to a slightly different position (Turn or Roll) and repeat the Motions. This applies to most of these 'Bullet-Proof Exercises'. Use your imagination and be inventive!

**"Welcome Aboard!"**  
**"Enjoy The Ride!"**

### **SATISFACTION GUARANTEED**

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