

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

## **MEDICINE BALL EXERCISES**

### **REACH BACKS WITH A PARTNER**

#### **REACH BACKS WITH A PARTNER:**

This is precisely the same as the above 'Seated' versions, but simply with a friend directly behind you facing in the opposite direction. Simple options are 'Kneeling and Standing' to the Brace and Target, so it is four sequences, five reps each.

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

### **SATISFACTION GUARANTEED**

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