

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

MEDICINE BALL EXERCISES

REACH BACKS

REACH BACKS:

Sit on the floor with your Legs extended and Knees contacting the floor (if you can, if you can't work on it). Hold the 'Small Med Ball' Waist High on your Target Hand in front of your Tummy. Reach around your Back as far as you can and place it on the floor. Now 'Trunk Turn' the opposite direction and reach back with your 'Brace Hand' and pick up the 'Small Med Ball' bringing it back to the start position, in front of your Tummy. Do this five circles or reps in this direction and then reverse and do it five more times in the opposite direction. Keep the 'Small Med Ball' in constant Motion.

Keep Breathing Deeply and Fully In & Out! ('DDB')

This is great 'Shoulder Stability' and 'Scapular R.O.M. Drill' as well as a solid exercise for 'Abdominal Strength and Trunk Range Of Motion'.

Reversing Direction is essential. Don't 'Short-Cut'.

Now you can do the 'Variation To The Theme'. The 'Standing Reach Backs' to a table top. Same sequences with varying weights or 'Med Ball Sizes'.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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24/7