

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

## **MEDICINE BALL EXERCISES**

### **REACH UNDERS & HOLD**

#### **REACH UNDER AND HOLD:**

This 'Bullet-Proof Exercise' works the same muscle singles, pairs and groups as does generally the previous exercise but you do it sitting down with a slight modification.

Sit on the edge of a sturdy chair or course bench with your knees touching. Bend at your 'Hip Sockets' and lower your Tummy and Chest long down and out towards your Knees. Actually place your Abdominal Weight on your Thighs if you can do so comfortably. Let your Hands and Arms drop towards the ground outside you Thighs and behind your Knees and lower legs. Take a deep breath and let it fully out. Reach in with your Hands and 'Clasp Your Fingers'. Once this is done, keep your Chest dropped onto your Thighs and move your Knees apart against your Biceps as far as you can comfortably manage. This spreading will apply direct 'PULL' on your Shoulders, Upper Back (Scapular Region), Chest and Trapezoids. Once in this 'Pulling Position' breathe in deeply and Exhale ever more deeply. Repeat this 'Pulmonary' two or three cycles. Relax and do it again with sound out-force by your Thighs and Knees against your Biceps.

Once you have completed this exercise, let your Hands and Arms just dangle from your Shoulders for a moment. Do two deep breathing cycles and then stand up smoothly.

To complete this 'Lever, Shoulder and Chest Exercise' do some clockwise and counter-clockwise 'Windmills' followed by some full finger extensions and squeezes. You know the deal, always working toe-nails to finger-nails, from one end to the other; the entire 'Golfing Machine'! Right?

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

### **SATISFACTION GUARANTEED**

E-Mail: [AskUs@555golf.com](mailto:AskUs@555golf.com)

WebSite: [555golf.com](http://555golf.com)

Telephone: (817) 673-8888

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