

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

MEDICINE BALL EXERCISES

SHOULDER CIRCLES

SHOULDER CIRCLES:

This is an excellent exercise to loosen your 'Shoulder Sockets' and the associated musculature or total soft-tissue package. Golfers need very stable 'Shoulder Regions'. Begin with your Feet Shoulder width apart, Knees slightly flexed and holding the ball above your head with elbows slightly bent.

'Address Ready Position' (**5 CONTROLS** as usual) holding first a '7.25 Inch Ball' above your Head with your Elbows slightly bent. Now simply work the Ball at first in small 'Horizontal Circles' around your Head. As you warm up, increase the size of the circles. Do them in both directions. If you feel comfortable in doing so, change to the next larger ball and repeat the procedure five more repetitions; Breathing deeply!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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