

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

## **MEDICINE BALL EXERCISES**

### **VERTICAL HAMMER**

#### **VERTICAL HAMMER:**

Take your 7.25", 'One Handed Med-Ball' (or a smaller variety) in your 'Brace Hand' with a slightly flexed 'Brace Knee', bend at the 'Hips Sockets' into a proper '**5 CONTROLS**' 'Address Ready Position' and let the ball and your entire 'Brace Lever' hang from the 'Shoulder Socket' towards the floor. Your 'Palm' will be facing slightly 'Closed or Thumb Over' in the natural hanging condition. Now, simply raise the Ball slowly and directly forward and up in a 'Hammering Motion' as if you were going to drive a big nail into the floor in front of your Brace Foot. Raise the 'Med Ball' Up the Shoulder Height and then lower it slowly back to the start position. Do not simply let it fall back down. Resist this so you continue to do some 'Work'. Do this five repetitions. Now, starting your count again from one, increase your 'Range Of Motion' by simply raising the Ball to forward and above your Head Height to where your Brace Elbow is straightened. Now reverse the Motion and let the Ball drop back to the 'Start Position'.

Repeat the process with the 'Target Lever'.

Remember, when you do your 'Stretch Portion' it is always done fully 'Breathing Out' so you can elongate those muscles effectively and safely.

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

### **SATISFACTION GUARANTEED**

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