

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

MEDICINE BALL EXERCISES

WINDMILLS

WINDMILLS:

Still very similar to the 'Vertical Hammer', but now you simply keep the 'Brace and Target Levers' extended throughout the entire exercise of making big full circles with the Ball around your Shoulder Socket. Start in one direction (you could not start in two!) and then change to the other; forward circle and then backward ones. Do not overdo it! Light weight and slowly at first until you are warmed up and even beginning to get stronger over a period of five or six sessions. We are not looking for 'Strain' but simple smooth relaxed 'Stretches'. Injury, which includes 'Strains' is going backwards. No Point!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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