

# One Minute GOLF TIPS

**'WHERE PASSION MEETS PERFORMANCE'**

## **WARM UP FIRST**

The object of this 'One Minute Golf Tip' is to 'Improve Your Game' quickly and easily.

People often drive their cars as they prepare for athletics. Turn the key. Start the engine. Go! Until you have the engine up to operating temperature or at least warming up, it is foolish to go! You do more damage or create more engine wear in the first two or three cold miles than in the next 100 warm ones. Any athlete who has longevity and success in mind learns to 'Warm Up' or spends more time recuperating from soft tissue stress. Injuries defeat champions! Poor regimens are major challenges! Get your 'Routine' organized!

**IF YOU DON'T HAVE A ROUTINE,  
MAKE ONE FAST!**

You need to understand and learn how to '**Stretch & Strengthen**'. This is the key that opens the 'Athletic Door To Success'! 'Range Of Motion' ('ROM') comfortably and safely accomplished is the foundation.

The '555 Team' has investigated, designed and developed a very large '**Library Of Bullet-Proof Exercises**' that are available via the '555golf.com' website. They come under the titles of 'Fitness' as well as more specifically for each area of discipline in your games. Get at it! If you need help, '**ASK US!**'

**"Play Well!"**

**"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

24/7