

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

ON ALL FOURS DOGGY STYLE

Your '555 TEAM' has several really productive 'Bullet Proof Fitness Drills', which achieve results quickly for specific 'Body Machine Components'. You know them! Here is another that is both easy to do, is safe and productive. It is a '**Core Focused Procedure**' that you will enjoy!

Lie prone on the floor with your fingertips, hands and arms extended well above your head. Then move them laterally, palms down, out above your 'Shoulders'. Do a couple easy '**Angel Moves**'. This gets you 'Shoulder Scapular Region' mobilized.

Push your 'Toes, Feet, Ankles and Lower Legs' long, away above your head, palms down. Then slightly spread them about to hips socket width. Also do a couple 'Engel Moves' with your feet. This gets the blood flowing in your 'Hips Girdle' and lower back.

Now, get up onto your '**Knees and Hands**' ... '**Doggy Style**'. Arch your back slightly while looking a little forward perhaps at the lower wall in front of you. This gets our 'Head & Spine' into an athletic position. The 'Captain EYES' can then do their always-important jobs as well. The position of the 'Spinal Column' will now be quite linear and extended so we can move effectively around and along it.

Now '**Lift One Knee & Foot**' off the ground! This accomplished and held, move that 'Lifted Knee & Foot' parallel to the ground out and behind you. Push them out as far as you can smoothly and slowly. Keep you back level and stable. As your 'Foot & Knee' move away, they both naturally raise up off the ground. Keep pushing them out and up until your 'Pointed or Extended Toes' are level with your 'Butt & Back'. You will look like a hunting dog at point! Hold that 'Extended Position' for a '3 Count'. As soon as you can do so in comfort, increase the '**Hold Interval**' to '5 and up to 10 Count'. You want this 'Hold Position' to become very quiet, stable and powerful, which it shall in relatively short order.

When at the 'Leg Elevated and Extended Position', one can add a little '**Variation**'. Take the 'Axially Extended' ('Straight Out') 'Foot' and move it 'Laterally Outward' about 18 inches and 'Hold'. Return it 'Medially'. Do this little move with both 'Feet'. Increase the 'Adduction-Abduction' as far as you can but only after you have become comfortable with smaller 'Motions'.

SATISFACTION GUARANTEED

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24/7