

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

OVERHEAD ARMS REACH & STRETCH

OVERHEAD ARMS REACH AND STRETCH:

'Feet Under Your Hips'. Interlock your fingers in front of your 'Chest'. Keep your back relatively straight. Raise both 'Hands and Arms' directly above your 'Shoulders', 'Pushed Up and Extended' first 'Palms Down' and then 'Palms Up'. This provides just a little 'Stretch Variation'. 'Position & Hold' for a '3 to 5 Count'. Do '3 to 5 Repetitions' and '2 to 3 Sets'. Always 'Breathe Out' when you are 'Extending'!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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