

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

THE PRIMARY GOLF ENGINE

'Strengthen Your Primary Golf Engine To Produce More Power & Distance!' That is how you shall directly succeed in your 'Full Swing' golf endeavours (see 'Stage Three Procedures').

The engine to your swing is certainly not just your legs ('Lower Body Machine Components'), although they perform primary support and leg drive functions that are very important strength issues. The 'Engine To Your Swing' is not your arms ('Upper Body Machine' – 'Lever Assemblies'), although they too are also integral parts of your golf success.

It is your '**CORE**' which is made up of the abs, lats, trunk muscles and hips musculature specifically! It is what we refer to the entire circular '**Body Barrel**'. This exercise will help your back get stronger and feel better. A good thing!

When you think of the golf swing, it is really one balanced rhythmic paired motion, which is a '**ROTATIONAL MOTION**' back to the 'Brace Side' and returning through 'IMPACT FIX' to the 'Target or Release Side' (see 'Follow – Finish'). This moves the 'Golf Clubhead Horizontally' and thus strikes the ball with 'Energy Transfer'.

This being the case, wouldn't you logically want to strengthen your 'CORE' specifically to accomplish efficient maximized rotation in both directions? You must!

The stronger your 'CORE' is, the more power you will generate through the '**Impact & Separation Zone**'. So many golfers try to '**HIT**' the ball farther by swinging harder with the hands and arms. This produces what your '555 TEAM' calls '**Arms Over Legs**'. This 'Physical Error' comes with penalties! Three of them are called 1)Pull, 2)Fade Cut and Slice Action and 3)Sore Lumbar Region in your back! The result is an 'Outside In Club Head Path' and usually involves a 'Flippy Handed Motion'. Poor stuff!

Have you ever really felt this 'Primary Engine Reality'? If you have, wasn't it rather natural, efficient and easy?

The main benefit to strengthening your 'CORE' is improving your 'ROTATIONAL' ability both on your 'Back Swing' and in your 'Front Swing' follow through (Swing

Segment 3F and Swing Sequence #8a and #9). The 'Hands & Arms' 'HIT AT The Ball'. The 'LBM' produces a more natural **'SWINGING THROUGH The Ball'**.

The greater the **'Range Of Motion'** ('ROM') in your 'Coil Load Wind Turn', the more 'Energy' you will load into your 'Golf Body Machine'. Thus the longer or farther your 'Ball' will go. This will seemingly be with no extra effort on your part as, the more your 'Load In' the more you will naturally get out of your 'Coil' ('Potential or Stored Energy'). The 'Un-Loading' is really a reflex action.

Here is a very simple exercise you can do in your office or home. It will help you immediately to improve your 'ROM' and 'POWER'.

Don't underestimate the simplicity of this '555 Bullet-Proof Drill'. You will know if you are doing it properly by the smoothness of the 'Loading and Un-Loading Motion'.

'SEATED CHAIR ROTATION DRILL'

- Sit in chair as tall as you can. Create 'Clearance' between your 'Hip Sockets and Your Sternum'.
- Hold a single dumbbell in both hands (heavier when fitter)
- Extend your arms straight out, chest high.
- Without moving your butt on the chair,
- Without moving your head side-to-side, rotate to the 'Brace' and to the 'Target' sides as far as you can comfortably turn and re-turn.
- Remain smooth, balanced and rhythmic. Don't strain the motion!
- Breathe Out when you 'Feel' tension at the 'Lateral Limits'.
- Do 20 repetitions for 3 sets. (60 total ROM's)

This simple '555 Bullet-Proof Drill' will make a difference to your overall performance and do so in short order. I suggest you perform these morning and night. Doing a few sets during your lunch break is a wise addition to your routine as well.

The process will make you feel good!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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24/7