

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

QUADS STRETCH

QUADS STRETCH:

Stand erect with one hand on a steadying device such as a chair or even a golf club' as a crutch. Flexing your 'Hammys', raise your 'Subject Foot' up towards your butt. Take hold of it with the 'Hand' on that same side of your body and pull the foot ups towards your butt, making positive contact if you can. 'Position & Hold' for a '12 to 15 Count'. Do '2 or 3 Repetitions' and '1 to 2 Sets'. Change the 'Subject Foot' and 'Operational Hand'. Repeat the process. Always 'Breathe Out At Full Muscular Extension' as usual!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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