

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

RIDING YOUR BICYCLE ON YOUR BACK

Oh really! Call the ambulance and have it standing by! Stop the traffic!

No! You are not really on a bicycle. Just pretending to be. It is about the 'Motion' and the 'Notion'!

Lie on your back, fully prone and stretched '**Long Fingers to Toes**'. 'Breathe In & Out' as get warmed up. Always 'Warm Up' before any and all exercises! All!

Now, pull you 'Heels' up towards your 'Butt' about $\frac{3}{4}$ of the way from extension. Elevate them up off the floor about two to three feet. Lower! Raise! Lower!

Now, 'Raise' them back up and place your '**Hand Palms On Your Upper Butt Cheeks**' with your 'Elbows On The Floor' supporting your 'Butt & Lower Back'.

Now, make 'Motions' as though you are '**Riding Your Bicycle**'. Slowly at first and on a small bike! As you get progressively more warmed up, get onto the biggest bike you can think of and ride it 'Up Hill'.

Keep track of your 'Reps and Sets'. Always '**Stretch Out Long**' again when you finish.

Do some 'Work'!

If you have access to '**Ankle Weights**', you can use these to induce 'Load'.

"Welcome Aboard!"

"Enjoy The Ride!"

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SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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