

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

## **PRIMARY EXERCISES**

### **ROWING SEATED ON THE BIG BALL**

#### **ROWING SEATED ON THE BIG EXERCISE BALL:**

Just sitting on the big ball invites 'Core Stability' especially when the 'Upper Body Machine' is in 'Motion'. While seated, raise your 'Hands', 'Palm Down', to 'Shoulder Level' just in front of your 'Shoulders'. Maintaining this configuration, 'PUSH' your 'Hands' out as far as you can while maintaining the sane 'Shoulder Width Separation and Elevation'. 'Position & Hold' for a '2 to 3 Count'. Do '8 to 10 Repetitions' and '2 to 3 Sets'. 'Breathing'!

**"Welcome Aboard!"**  
**"Enjoy The Ride!"**

### **SATISFACTION GUARANTEED**

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