

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

SHAFT ACROSS YOUR SHOULDERS

Easy Drill! Great Drill! Pure proof of the term 'Bullet-Proof'! Learn and use it well!

Simply take a '#5 Iron' and lay it across your 'Shoulders Behind Your Neck'. Drape your fingers over the shaft back to front about three to four inches outside your 'Shoulder Sockets'. Let your arms relatively hang.

'Flex Your Knees' and get into your '**Athletic Address Ready Position**'. I prefer to be in my '**IMPACT FIX Position**' but either will suffice.

Now '**Rotate, Load, Coil or Wind To The Brace Side**'. Get gently 'Snug'! 'Feel Pull or Tension Between Your Target Hips and Your Lower Rib Cage'! ('Lateralis Muscles') Once you are warmed up, make the 'Coil Snugger'! What a word!

Do these 'Load Turns In Both Directions' so you do not become asymmetrical in your 'Fitness & Tone'.

This Fitness Drill' is designed to 'Load and Un-Load' your 'Lower Body Machine' 'FROM THE TOP DOWN' or 'FROM THE OUTSIDE IN' ('Load') and '**FROM THE GROUND UP**' or '**FROM THE INSIDE OUT**' ('Un-Load').

Feel the snugness! '**Enjoy The Feeling Of Fitness!**'

'Breath Out While You Are Doing The Work!'

"Welcome Aboard!"

"Enjoy The Ride!"

SATISFACTION GUARANTEED

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