

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

SHOULDER CAPSULE & CHEST STRETCH

SHOULDER CAPSULE AND CHEST STRETCH:

Standing tall, 'Shoulders Back', clasp your 'Hands' together behind your back. Push your 'Hands' down into an 'Extended Configuration'. Now 'Push & Lift' your 'Hands Out, Away and Up From Your Butt'. 'Position & Hold' for a '12 to 15 Count'. Do '2 to 3 Repetitions' and '1 to 2 Sets'. Always 'Breathe Out At Full Muscular Extension' as usual!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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