

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

SINGLE ARM RAISES

SINGLE ARM RAISES:

Standing erect, with your 'Active Hand' holding a 'Light Dumb Bell' and the other touching the seams of your pants or side of your 'Thigh', stabilize your 'Core' and 'Forward Incline' slightly until the 'Dumb Bell' hangs in front of your 'Thigh' under your 'Shoulders'. Now, move the 'Dumb Bell' laterally across and away from your 'LBM' raising it straight out and up as high as you can comfortably accomplish. 'Position & Hold For A 5 Count'. Slowly lower the 'Weight' all the way back down to the very bottom while 'Breathing Out TO Full Muscular Extension'. Do '3 to 5 Repetitions' and '1 to 2 Sets'. Change making the other 'Hand and Arm' active and repeat the process! Increase the 'Mass' as you can comfortably accomplish.

A 'Variation To The Theme' is to 'Hold Two Equal Dumb Bells' and accomplish the 'Movements' with each 'Hand and Arm' simultaneously.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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24/7