

ELITE SPORTS PERFORMANCE

(‘ESP’)

‘FITNESS TIPS’

SIT DOWN WALKS

‘The Bent Knee Gait’

“Oh, now what has the ‘555 TEAM’ come up with?”, you ask. Good question too!

How often do you come across an effective exercise that you can do ‘No Brainer’ and get lots of mileage out of it in your normal daily environment? This means that you do NOT have to go to the fitness facility or any gymnasium to earn the benefits! Not very often you respond. Well here is one! The **‘Sit Down Walk!’**

We know walking is a great all around exercise. How about if we improve the focus on ‘Core Functions’? What if we can improve our overall ‘Hip and Quadriceps’ power and stability? All in one simple, easy to do routine that can last as long as you want it to? What would you think if you did not even have to get out of your professional clothes to get it done! Do it moving from one office to another? From the parking lot to the next meeting? From tee to green? From clubhouse to your ride back home? Not bad, right?

Walk normally from point to point! Your start and finish line! Get enroute! Empty handed or with 5 pound bar bells or two brief case in hand will be just fine!

Now simply **‘Sit Down Three To Five Inches’** and continue your trek. Lower your butt about this distance closer to the ground. Keep it there over a substantial committed distance and time. Do this everywhere you go .. just a little at a time if that is all the load you can stand! Load of what? Don’t think that way!

This simple ‘Bullet Proof Exercise’ will work your ‘Feet, Ankles, Lower Legs, Knees, Quads, Glutes, Abdominal Muscles, Back, Front, Top And Bottom’! You can, at will, add little tensions and moves to this simplicity to target specific muscles or muscle pairs. You can add weights. Take turns! Go up and down stairs! Feel the burn! By the way, this ‘Bent Knee Gait’ burns about 200% the fuel of our normal locomotion method! Fitness!

It is your ‘Lifetime Golfing Machine’! Take care of it!

PERFORMANCE EXCELLENCE

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