

ELITE SPORTS PERFORMANCE

(‘ESP’)

‘FITNESS TIPS’

SITTING ON THE FLOOR BACK & QUADS

Tight ‘Backs’ usually involve tight ‘Quads’. Remember we are a fully integrated ‘Body Machine’. Little goes on at the bottom that does not translate to the top. Remember that ‘Mind and Body Connection’ as well! We must have it right upstairs!

THINK RIGHT! WORK SMART!

Sit on the floor with your ‘Back Tallish’ and your ‘Knees’ straight or locked. ‘Feet’ about two feet apart. **‘Suck It Back!’** If you ‘Hammies’ are really tight, don’t overdo it. No point in causing an injury! Progress slowly!

Place the ‘Palms’ on your ‘Thighs’ and slide your ‘Finger Tips’ towards your ‘Knees’. Breathe Out and Relax! Slide your ‘Finger Tips’ farther down to your ‘Shins’. Ultimately ‘Touch Your Toes’! Breathe Out and Relax! 10 Reps ‘TID’! (A ‘Three Times A Day’ prescription)

When you can touch your ‘Ankles or Toes’, add a slight variation ... Reach across with your ‘Brace Hand or Fingers’ to your ‘Target Ankle or Foot’. ‘5 or 10 Count’. Breathe and Relax! Then repeat ‘Target Hand or Fingers’ to your ‘Brace Ankle or Foot’ with the same hold count.

Next, feet farther apart!

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

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24/7