

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

STANDING REACH BACKS FINGERS INTERLACED

This 'Bullet-Proof Fitness Drill' focuses on your **'Shoulders, Arms, Wrists, Hands & Fingers'** ('Lever Assemblies'). This is the total 'Upper Body Machine' ('UBM' – 'Radial Skeleton'). This 'Drill' also works your 'Chest and Shoulders', which forms the 'Top Aspect' of your 'Lower Body Machine' ('LBM' – all the 'Components or Parts' from the soles of your feet to the top of your head – Axial Skeleton').

You are going **'Nowhere Golf Any Time Soon'** without these physical facets being as fully tuned as possible and acceptably operational. Getting your 'Golf Body Machine' to optimal or peak operation is up to you, with our talented and dedicated help, of course! This 'Fitness Part Of The Golf Journey' takes commitment and effort. There is no magic bullet! There is no lazy way out!

I want to tell you this ...

FITNESS AND MECHANICS ARE INSEPARABLE

If you want to be an improved athlete, 'Golfer' or otherwise, you must get to this 'Fitness & Mechanics' asset or end **'The Old Fashioned Way'! You must 'Earn It'!** No short cuts that your '555 TEAM' knows of or we would have certainly shared them with you long ago! "You can do this the easy or the hard way! Which path you choose depends on how much pain you can suffer and how much time you have to spare!" Being intellectually and physiologically thorough is the shortest distance between two points!

Remember, **"First We Do The Work. Then We Get Paid!"**

HERE'S THE DRILL:

Standing tall, **'Trunk, Abdomen and Chest Pushed Or Braced Up To Create Clearance Between your 'Hip Sockets'** ('Good Spinal Crankshaft Position')(see 'The

Down Up & Down SET-UP Drill') and your 'Sternum and Shoulder Sockets', **'SUCK IT BACK!'** This means you 'Pull Your Bladder Back Towards Your Spinal Column or Back Bone'. Hold it there all the while you perform this or any other 'UBM' 'Fitness Drill'. In fact, do your 'Suck Backs' all day as you walk, climb stairs, simply stand, have a chat or just sit.

Off-tracking just a little, but here is a great exercise! Just sitting with your back nice and straight and tallish, pick both your feet off the floor about two to three inches and 'Hold Them There For A 10 Count, which is 1 Rep'! Now repeat this 'Sequence' 5 to 8 Reps! Then do '3 to 5 Sets' of these 'Reps'. Then you will know what 'Core Strength' is or is not! May be a tough realization, but first steps are first steps! Discover the truth!

This **'Suck It Back!'** function is a very simple physical exercise and is also a key promoter of building your **'Solid Abdominal Core'**. It directly works your 'Transverse Abdominus Rectus, Lower Abdominal and Lateralis Muscles'. If you stand or sit tallish, more muscles will be effectively involved. You know that a 'Resilient Core Makes Golf Shots Possible'. If that is a new concept, 'Trust Your 555 TEAM'. It's true!

I digress! But usefully so! Now back to the topic ... the 'Reach Back Drill'!

The **'SET-UP'** accomplished, 'Reach Back Behind Your Back' with both hands, 'Palms Facing' each other. Interlace your fingers. Now, keeping your 'Lower Body' stable, in a fixed position and configuration, ('Constant Knee Flex') 'Lift or Elevate Your Hands' as high as you can comfortably achieve.

If you simply **CANNOT** do this exercise, back the train up slightly! We can get you there from here! Take a **'Bath, Dish Or Golf Towel'** in hand. Hold one end in your 'Target Hand', sling the other end behind your butt and back, while grabbing it in your 'Brace Hand'. Now you will not have so much tightness in your 'Arms & Shoulders' and will very likely be able to accomplish what you set out to do.

When you cannot 'Take Giant Steps', 'Take Baby Steps' first!

One must grow into becoming and staying a champion!

Above all else, **'Do Not Injure Yourself'** doing any '555 Bullet-Proof Exercise or Drill'. If, at any time, you feel the slightest pain, stop! Rest! Repeat the drill to a lesser degree! If you still feel any discomfort, do not proceed until you consult with your family physician or a sports medicine practitioner.

When doing this or any other 'Fitness Drill', **'Do Not Create Compensations'**. A 'Compensation To This Drill' would be by 'Bending Over From Your Knees To Your

Lower Chest or Diaphragm'. This may make you 'Feel' like you are 'Elevating Your Lever Assemblies', but you are NOT! 'Pseudo Lifts' will not enable us to reach our defined personal goals! **You cannot fool yourself! So don't try!**

'Lift' properly accomplished, 'Position & Hold For A 3 to 5 Count'. Then allow your 'Lever Assemblies' to drop right down to your 'Butt'. Do this 'Lift Drop Cycle 5 to 8 Times' depending on your degree of 'Fitness'. Never cause any pain. Repeat these 'Reps or Cycles 3 To 5 Times'. This is called 'Sets'. So do '3 To 5 Sets'!

MORE BANG FOR YOUT BUCK!

VARIATION A: You can also add a little 'Spice' to this sequence. When you accomplish the 'Lever Assembly Drop', expand the repertoire with a little 'Press Down Onto Your Butt' as well. This engages yet another 'Group Of Muscles' in yet another useful 'Motion'.

VARIATION B: A slight 'Variation To The Theme' is to simply accomplish 'Push Ups Onto Your Toes' and back down while you are performing your 'Reach Backs'. Your '555 TEAM' suggests that, as you 'Do The Lift Aspect', also do the 'Gastroc or Calf Push Ups'. This engages and fires more of those essential 'Lower Body Machine' muscles while you work on the top end! More bang for your buck!

VARIATION C: As you make your 'Lever Lifts', you might 'Tilt Your Body' first to the 'Brace Side' and then, on the next 'Rep', to the 'Target Side'. This adds the 'Abdominal Muscles' to the mix or formula. Even more bang for the buck!

Soon we shall have you looking like a 'Ballet Dancer' when doing your exercises!

Well Done!

**“Welcome Aboard!”
“Enjoy The Ride!”**

SATISFACTION GUARANTEED

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