

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

## **STATIONARY BUNNY HOPS**

Leg Springs

This may seem like back to 'Kindergarten' but that is where it all started, right? It **'Back To Your Future'** perhaps?

Firstly this little 'Fitness Drill' may be one of the absolute 'Primary Gauges For Fitness'! How far can you **'Standing Long Jump'**? How high can you **'Spring Up Off The Floor'**? These two results alone will tell you how basically 'Fit You Really Are'!

Importantly, they are really and purely 'Dynamic or Active' and not at all 'Static or Passive'. You will get a very good 'Feel' for your **'Cardio-Pulmonary State'** if you do say '5 Reps' each, 'Wait 10 Second' and 'Repeat' for '5 Sets'.

Do these every day and record your results!

**"Welcome Aboard!"**  
**"Enjoy The Ride!"**

## **SATISFACTION GUARANTEED**

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