

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

STRETCHING RULES

One must insure '**Safety In Any Physical Motion Endeavour**'. Where there is 'Mass', 'Acceleration' and 'Velocity' there is 'Energy and Power'. When we have the 'Energy Mass In Motion' we can have 'Train Wrecks'! We must, at all times, protect ourselves from senseless injury. Injury is essentially going backwards!

When we 'Stretch' there is '**Energy Mass In Motion**' and thus we need guidelines and rules as well. One might say, "But I never move with any speed when I stretch!" One does not need speed to injure the soft tissue and bone of which we are made. We must 'Exercise' adequate care in all physical endeavours. ('pun intended'!)

One more reason, additional to '**Safety**', is simple '**Efficiency**'. If we are going to go to the effort of doing 'Exercises', do them correctly for maximum benefit and gain! Why any other way!

Here are '**Six Rules**' that will help you to be more '**Safe & Efficient**'.

- 1) **Warm Up Prior To Stretching** (stretching cold muscles invites injury)
- 2) **Stretch Before and After Exercise** (both are different and essential)
- 3) **Stretch All Major Muscles and Their Opposing Muscle Groups** (it is this 'Opposition' that actually creates 'Movement' and 'Resistance' and so 'Balance')
- 4) **Stretch Gently and Slowly** (Avoid bouncing unless by design. To stretch one must be relaxed. The 'Bounce' is not a relaxed movement!)
- 5) **Stretch Only To The Point Of Programmed Tension** (no pain required or tolerated! Avoid 'Stretch Reflex' in order to achieve gain)
- 6) **Breathe Slowly and Evenly** ('Deep Diaphragmatic Breathing' Do not hold your breath when exercising and producing 'Human Power'!)

SATISFACTION GUARANTEED

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