

ELITE SPORTS PERFORMANCE

(‘ESP’)

‘FITNESS TIPS’

SUCK IT BACK

(Not About Drinking Beer!)

We know that ‘Core Strength’ is really important in the ‘Sport Rotational Swing’. Unless we are very stable in our ‘Tummy, Abdomen or Trunk’ we shall suffer! Most back ailments involve frontal weakness. We are circular in form and function! The circle or ‘Abdominal Core’ must be more stable than most of us experience.

So many people have asked me over the years for some useful tip as to getting more stable in this area. There are many. I like to suggest that they utilize a muscular exercise that they can do twenty-four hours a day away from the gym if an opportunity arises. Actually this exercise can be done anywhere anytime!

Suck what back? Focus in your ‘Lower Front Abdomen’ between your ‘Hips’. That is where your ‘Bladder’ is located. **‘Feel Your Bladder And Suck It Back Towards Your Spine’**. This process activates the ‘Transverse Abdominal And Core Muscles’. ‘Hold for A 5 Count’ and then release the pressure, breathing out. Do this ten times three times a day. When you are comfortable, ‘Hold For A 10 Count’. When that is just a comfortable amount or routine, do the same discipline for ten to fifteen minutes per hour.

If you are walking from the parking lot to your office, take the stairs and ‘Suck It Back’ all the way from your vehicle to your nice cushy executive chair. Do this while you are sitting on your butt watching TV!

Add a little tall standing up variation? While ‘Sucking It Back’, rock your hips up and down laterally and try some ‘Upper Body Machine’ actions focusing on making ‘Shoulder Circles’. You will feel the appropriate ‘Back Muscles’ getting involved. Feel them lengthen! It’s your back!

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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