

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

TARGET & BRACE UBM ROTATIONS

TARGET & BRACE 'UBM' ROTATIONS:

Start with your 'Back On The Big Ball' between your 'Hips And Shoulders'. 'Straight Line Back'. 'Lower Legs' 90 degrees to the floor. Keeping your 'Feet Planted', reaching up with your 'Hands and Finger Tips' ('Triceps Extensor Action'), then rotate your 'Shoulders' fully 'Target And Hold', followed by 'Full Brace And Hold' for a '12 to 15 Count'. Do '5 to 8 Repetitions' and '2 to 3 Sets'.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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24/7