

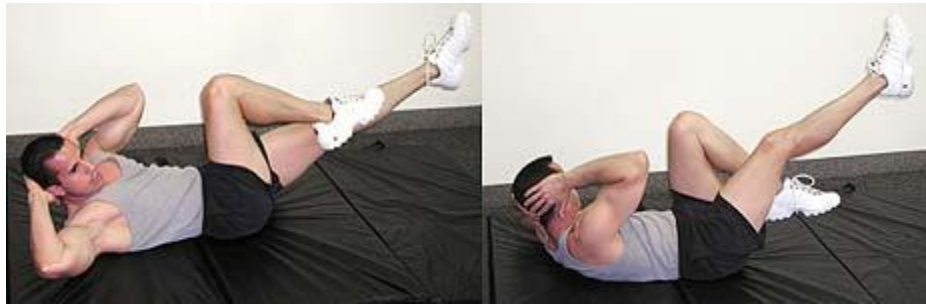
555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

THE BICYCLE

The Bicycle



Start >>

<< Finish

What muscles are worked:

Abdominals and sides of the waist

How to do it:

Lie on your back with hands behind your lifted head and knees in toward your chest. Extend your right leg out and up on an angle. Inhale and slowly twist your upper body until your right elbow touches your left knee. Look back toward your left elbow and hold the position as you exhale. Switch to the other side, bringing your left elbow to your right knee as you extend your left leg. Both sides together count as one repetition. Repeat.

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

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