

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

THE HIP GIRDLE

This is very much a '**Core Stability**' issue and challenge for some. If you are to 'Play Golf' up to your potential and or desires, you must be at least heading in the direction of 'Core Stability'.

Let us define 'Core'. Your '**Golfing Body Machine**' is comprised of the Lower and Upper Body Machines'.

The '**Lower Body Machine**' ('LBM') is made up of 'Components' that include everything from the 'Soles Of Your Feet' all the way up to the 'Top Of Your Head'. This is the 'Axial Skeleton' and all the soft tissues that are wrapped or draped about and around it. So, the 'LBM' includes 'Feet, Ankles, Lower Legs, Knees, Thighs, Hips, Abdomen or Trunk, Chest, Shoulder Sockets, Neck and Head'.

The '**Upper Body Machine**' ('UBM') is made up of 'Components' that include everything from your 'Shoulder Sockets' to the 'Tips Of Your Fingers'. This is the 'Radial Skeleton' and all the soft tissues that are wrapped or draped about or around it. So, the 'UBM' includes 'Shoulder Sockets, Upper Arm, Elbows, Forearms, Wrists, Hands and Fingers'.

The '**Hip Girdle**' is the immediate 'Musculo-Skeletal Components' that are found in the vicinity of or on the line from your '**Right Pocket To Your Left**'. It also runs from the '**Base Of Your Groin To About Your Belly Button**'. This entire area is made up, at least partially, of the 'Biggest Muscles and Bones In The Body'. These muscles '**Originate**' from this area and run in all directions to their destination or what is medically called their '**Insertions**'.

It is important to consider the physical fact that our 'Femurs' ('Thigh Bone' – Biggest Bones In The Body') insert near the Pelvic acetabulum or the Hip Socket in this 'Girdle Region'. This is where and why the really 'Big Work' takes place in this region. The biggest bones and muscles reside here!

'**Core Strength**' includes the mechanics of '**The Femur Staying In The Hips Socket**'. That is a substantial chore. This 'Core Strength' also includes the physical fact that '**The Spinal Column Actually Rests Upon And Stays Attached To This Hip Girdle**'. This really is the 'Power House or Engine Room Of The Body'.

So how do we keep 'The Power Hourse' in adequate shape to perform as it is so often called upon to do?

The '**Process**' requires due preparation and some dedication. We actually can stay in relatively good shape by just keeping active and doing some regular manual labour as one might be required to do on the farm. This would include 'Lifting', 'Pushing', 'Pulling', 'Grounding' ('Down Force') and 'Transporting or Carrying'. Just doing yard work and the tasks that happen around the home is generally good exercise. If you belong to a sports facility, that is certainly beneficial. This provides opportunity to 'Swim, Bike, Run, Lift Weight, Do Aerobic Exercises In Many Forms' and to expand your 'Physical Horizons' at will. When you hang around 'Fit People' some of the group behaviour will generally rub off!

'**Motions and Movements**' that enhance the 'Hip Girdle' certainly include all of the above exercises and activities. There may be 'Very Organized Squats To Various Depths ('With Your Feet Square, Open and Closed'), Dead Leg and Abdominal Lifts, Trunk Rotational Movements to the Target and Brace Sides ('As Utilized In Turning and Laterally Handing Off A Heavy Medicine Ball'), Simple Powerful Walking Movements Up And Down Hills, Climbing and Descending Stairs At Various Rates, Swimming, Throwing Balls ('Base Balls to Medicine Balls'), Crawling, Jumping, Sit Ups, Abdominal Movements In All Directions, Push Ups, Forward and Back Bends, High Leg Lifts, Leg Abduction and Adduction ('Loaded or Un-Loaded'), Leg Inward and Outward Rotations ('Loaded or Un-Loaded'), Leg Flexor and Extensor ('Loaded or Un-Loaded') and the list can go on and on!

These various '**Motions and Movements**' are all directly beneficial to your 'Core Strength'. The term 'Hip Girdle' now takes on a new perspective. Right?

Be innovative and persistent in your approach to exercising and caring for all the 'Components' that are included in your 'Hip Girdle Region'.

The 'Abdominal Core' is the very base of your 'Golfing Body Machine'!

**“Welcome Aboard!”
“Enjoy The Ride!”**

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7