

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

## **THE SHOULDERS & SCAPUALE**

The backside of the 'Thorax or Chest', which is the other half of the 'Lower Body Machine Transmission'.

The 'Frontal or Anterior Aspect' ('Lateralis, Deltoids and Pectoralis') need to be balanced and complimented by the 'Aft or Posterior Aspect'. The 'Lateralis, Deltoids and Scapularis Muscles' all contribute significantly to this 'Top Of The Lower Body Machine'.

A little known or remembered fact is that the 'Rib Cage' houses the 'Lungs'. These are the 'Pulmonary Engine' where 'Oxygen; replaces exhaled 'Carbon Dioxide and all the impurities' that become involved or emanate from the breathing process.

Any thing one can do to expand and contract the 'Chest' as well as 'Move The Lever Assemblies' through their entire 'Range Of Motion' ('ROM') is useful.

Pay particular attention to 'Windmills In All Directions' ('frontwards and backwards'), 'Angels In The Snow' ('standing or lying down'), 'Rowing The Boat' ('without the boat'), 'Full Reach Ups Above Your Head', 'Cracking Walnuts', 'Giving Yourself A Hug', 'Both Hands On & Rotating The Golf Club In Front Of Your Chest', 'Holding Both Ends Of The Towel Behind Your Back', 'Wrist Rotational Curls' and more.

You need actual strong 'Lever Assemblies' and stability in all the connective tissues and devices that attaches them to your 'Lower Body Machine'.

Get and stay 'Flexible'!

**"Welcome Aboard!"**  
**"Enjoy The Ride!"**

### **SATISFACTION GUARANTEED**

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