

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

THE THORACIC CHEST

We have discussed the 'Lower Body Machine Core' or what might be called the 'Trunk & Abdomen'. This is truly the 'Golf Body Machine Engine'. It includes all the 'Body Parts' from the 'Hips' up to the 'Ling Diaphragm'.

Above that is the 'Chest or Thorax'. This includes the 'Ribs, Thoracic Spinal Column, Lungs' and a great deal of the 'Thoracic, Lateral and Scapular Muscles'. This also includes all the connective 'Soft Tissue' and some specific bones that join the actual Chest to the 'Shoulder'. The 'Shoulder Socket' is a 'Part or Component' of the 'Lower Body Machine' ('LBM')(see 'Axial Skeleton').

Your '555 TEAM' likes to think of this 'Thoracic or Chest Region' as the 'Transmission' of the machine. It connects the 'Primary Lower Body Machine Engine' to the 'Secondary Body Machine Engine'. (see 'Rocking Chair Shoulders') There are 'Minimal Moving Parts' in the 'Thorax or Chest', but it 'Connects'!

The 'Spinal Crankshaft' is very functional in this 'Top End Of The LBM'. If you are curved and lazy, your 'Round & Round Motion' will be flawed and unstable.

A great '555 TEAM' exercise that easily enhances the 'Thoracic Region' is to simply 'Walk Tall' while doing the 'Suck It Back Drill'. (see 'Sucking Your Bladder Back Towards Your Spinal Column') Even 'Sit Tall' at every opportunity. Create space between your 'Hip and Shoulder Sockets', between your 'Hips and Sternum' (see 'Posture'). Breathe deeply all the way deeply in and all the way deeply out!

By doing so you shall 'Get Better Connected' 'Brace Foot To Clubhead'!

"Welcome Aboard!"
"Enjoy The Ride!"

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