

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

#### **THE TRUNK & ABDOMEN**

This is the part of your 'Lower Body Machine' ('LBM') from your 'Hip Girdle' up to your 'Lower Chest or Diaphragm'. It is where you locate your belly button when you need a place to keep the salt for the celery late at night! It is also the place from which emanates the 'Growling Sounds' when you need to feed the 'Cookie Monster'!

Does it need to be 'FIT'? Need you ask? The third digit on your every finger needs to be 'Fit'! To play 'Optimal Golf' one's entire 'Golf Body Machine' needs to be 'Fit'!

Your 'Mind needs to be 'FIT'! Now that is another subject for another rather large time in space. There is an entire sphere dedicated to that 'Six or Seven Inches Between Your Ears' ... the longest distance in golf! Perhaps? If it is much more than the prescribed 'Six Or Seven Inches', you may just be a 'Fat Head'!

Back to the topic at hand! ... 'Trunk & Abdomen'.

The 'Core', as this 'Trunk & Abdomen' is often called, is your 'Golf Engine'. It entails most of the 'Body Load, Coil and Wind', which means that it provides most of the 'Un-Load, Un-Coil and Un-Wind' as well. (See 'ALSDR') Your 'Turn Brace & Re-Turn Target' produces the bulk of the 'Horizontal Motion', the 'Round & Round', that makes you 'Clubhead' also accelerate 'Horizontally'. 'Distance' is the result of 'Clubhead Speed'. The 'Resistance Of Your Trunk & Abdomen' requires 'Fitness' or tone. You need to earn the right to produce 'Primary Golf Engine Horizontal Motion'. There is no other way!

What is a truly easy and very reliable way to improve 'Trunk & Abdominal Tone'? It is a 'Bullet-Proof Fitness Drill' that your '555 TEAM' calls 'Suck It Back & Hold'. While you are just walking along, suck your bladder back towards your back one and hold it there as long as you can. Do it while just sitting in your favourite chair!

### **SATISFACTION GUARANTEED**

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24/7