

# 555 GOLF TIPS

## 'PERFORMANCE EXCELLENCE'

### FITNESS DRILLS

## TOES, FEET AND ANKLES

Our body parts all either move in straight lines or act on curved paths. They are either 'In Motion' or 'Static - Passive'. That makes these 'Body Components and Procedures' very definable indeed.

Let us start '**From The Ground Up**' as does our '**Forward or Down & Out Swing**'. The 'Toes, Feet and Ankles' are close to the ground.

The toes, especially the 'Big Toes' are a really important part of just simply walking. If one were to lose the 'Big Toes' this simple action would be next to impossible as we know it. Just stand up and take a few steps without using your Big' Toes'. Try it without any toes! Now you know!

The toes are a great place to start with this '**Human Golfing Machine Motion and Fitness Consideration**'. They move and 'Do Very Basic Work'! Read this 'Bare Footed'!

The toes can be 'Extended or Elongated' into the front or toes of our shoes. This is appropriately called '**Extensor Action**' where we relax and 'Push' them all out forward and flatter to the ground. We can also 'Pull' them back towards our feet or curl them under. This is called '**Flexor Action**'.

The 'Motion' is very similar to the action of laying your 'Hand Palm Down On The Table'. The fingers are 'Extended'. '**Push**' them out as far as you can. The fingers undergo 'Extensor Action'. Next, with the same 'Hand Laying Flat On The Table', elevate it a little and then '**Pull**' your fingers back under your 'Hand' and make a 'Palm Down Fist, Fingers Curled Back Under The Palm'. This is what we call 'Flexor Action'. This accomplished, next "Push The Fingers Back Out" to the condition of being extended or elongated. This, again, is 'Extensor Action'. So you know the 'Feel'.

The fingers also have the ability to create and reduce space between them selves. This is called '**Adduction and Abduction**'. Your toes can, to a lesser degree, perform the same 'Motions'. To a very real degree your 'Toes & Fingers' function in the same manner.

To study the 'Feet' go back to the 'Hands & Fingers Extended Out Flat On The Table' as above. The 'Palm Of The Hand' '**Arches And Flattens**' as you 'Move the Fingers to the Flexor & Extensor Conditions'. Your feet have this 'Arching Action'.

This 'Toes Extensor ad Flexor Action' is actually a key but subtle 'Foot Exercise'. Sit and perform these balanced moves ten times up and down, three full cycles each, in the morning and the same number of repetitions at night. When you feel stronger enough add ten more morning and night every day. Then increase that number by ten more every week. The 'Foot' automatically participates in these 'Toe Exercises'.

We can increase the 'Work Load' by doing the 'Exercise Standing Up'. Then we can add even more weight by placing 'Mass' such as a bar bell across our shoulders. Experiment!

The '**Foot Supports The Toes**'. The 'Foot Provides The Stable Yet Dynamic Base From Which The Toes Act'. Thus the 'Foot' must be strong and supple. The foot primarily functions in a 'Straight Line'. There is no or very limited 'Rotary Motion' although your 'Foot' can certainly 'Roll Over At The Ankle'.

The 'Foot & Ankle' are a very complex physical consideration. Many moving parts and a lot of moves!

An effective way to exercise your 'Foot & Ankle' is to do so in bed! One of many good exercises designed to take place there!

Lying on your back, '**Lift or Pull Your Toes Up**' ('Flexor') towards your shins. Then 'Push Them Back Down' ('Extensor') as far as you can. This is 'Straight Line Motion'.

Next, while 'Pulling Your Toes Up' ('Flexor'), 'Roll or Rotate' both feet outwards and then smoothly downwards. As you 'Roll' then 'Extensor' to the maximum 'Flexibility you can manage. Make the biggest 'Ten Toe Circles' you can 'Outwards'. Then, repeat the 'Motions 'Inwards' in the opposite direction! Ten more in each direction will do to start. Three cycles of ten reps each! Add more the next week and so on until you create more endurance and strength. Your Range Of Motion' will steadily increase as well. Keep deliberately extending your 'Motions'.

### **'Toes Up Toes Down, Toes Round & Round'!**

These 'Toes, Foot and Ankle Exercises' also involve the 'Calves'. We shall involve them in specific exercises very soon.

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