

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

TOUCHING YOUR TOES

TOUCHING YOUR TOES:

Sometimes the best are simplest!

You should be warmed up reasonably before you attempt this exercise. Remember, you are using some very big muscles. These 'Hammies' are big 'Work' engines!

Stabilize your 'Body Core'. 'Palms Of Hands and Finger Tips' on the front of your legs.

'Breathing Out', slowly slide your 'Palms and Finger Tips' down your legs until you feel deep stretch in the back of your legs and back. Relax and let it drop a little farther. Keep your 'Gut Sucked Back'!

'Position & Hold' for a '12 to 15 Count'. Do '2 to 3 Repetitions' and '1 to 2 Sets'.

Ultimately, when very flexible, you may be able to slide those 'Palms and Fingers' all the way down to your shoelaces. Then, with your 'Feet' spread apart about 12 to 18 inches, you may even be able to place your 'Palms Flat On The Floor'. Now that's a stretch! Be tenacious! It is quite doable! Your associates will be very impressed!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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