

# 555 GOLF ACADEMY

**'PERFORMANCE EXCELLENCE'**

## TRAPEZIUS MUSCULATURE

You know that both 'Warming Up' and 'Cooling Down' are essential to good long-term physical health in all primary sports ... especially if you are over 40! A key area of concern is the 'Shoulders' as a 'Total Human Body Machine Wellness Package'. No magic or short-cuts!

Let's define a specific exercise that focuses on your 'Trapezius Muscles'. This 'Soft Tissue Segment' originates ('Origin') in the lower lateral skull and upper neck and ends ('Insertion') in the top distal portion of the Shoulders ('The V Notch'). The entire muscle package is 'Triangular In Shape' running from mid back, to the base of your skull, to the 'Shoulder Prominence.

The job of the 'Trapezius' is to stabilize the entire top and posterior upper chest, in the vicinity of the Scapula' and 'Thoracic and Cervical Spine'. A specific motion produced by your 'Trapezius' is the 'Shoulder Shrug Up' and 'Pull Back' as if you were military at attention.

### THE EXERCISE

Standing tall, 'Creating Space or Clearance from Hip Sockets To Your Upper Sternum, Chest or Neck' ('Address Ready'), give yourself a big **'HUG'** ... the palm of each hand stretched around your 'Shoulders', towards your upper 'Scapula' as far as you can reach ... creating space between the scapula ... 'Breathing Out & Relaxing'. Holding this position, rock your 'Upper Body' right and left progressively as far as you can. ('5 Repetitions') Next, make big circles with your 'Upper Body' while still doing this 'HUG' drill. Now, **'Without Moving The Chest'**, make big slow circles with your 'Head', both left & right. Get your 'Chin' comfortably close to your 'Upper Shoulder'. Hold this 'Extension Position' for a '8 Count'. Then continue. Once completed, drop your 'Hands' right down beside your legs, long and relaxed. "Breathing & Relaxed"!

Now, lift and extend your 'Elbows' out in front of your 'Upper Chest' ... 'Humerus or Upper Arm' parallel to the ground. Push your 'Elbows' out and together until they touch with positive pressure. Keeping your **'Chin Tallish'**, push your 'Touching Elbows down until they touch your tummy! Breathing fully out! Feel your back stretch! Let 'IT' go! Longer, softer muscles!

Finally, without bending you knees farther than 'Address Ready' and keeping your 'Touching Elbows' pressed together, move them (left then right) laterally and downwards toward each hip ... progressively farther 'Breathing Out'! 8 Repetitions of each move! 3 Sets! You will feel stretch from your 'Elbows' through your 'Opposite Rib Cage' down to your 'Glutes' ('Butt').

So, do not forget to do these both 'Warming Up and Cooling Down'!

**SATISFACTION GUARANTEED**

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