

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

TRICEPS EXTENSIONS

TRICEPS EXTENSIONS:

Standing erect and with a small 'Dumb Bell' in each hand at your sides, raise each 'Hand and Straight Arm' straight up in front of the body, all the way to fully extended above each 'Shoulder Socket'. Once there, with your 'Upper Arm ('Humerus') fully elevated, allow your 'Hands To Drop Behind Your Back' as far as they can while 'Breathing Out'. Keep your 'Body Core' very stabilized as usual. While you are doing this 'Upper Body Machine Exercise', start with your 'Knees Flexed' and straighten them when you are at the top or your reach. This simply adds an easy additional 'Gastrocnemius' dimension to the 'Drill'. 'Position & Hold' for about a '12 to 15 Count'. Do '2 to 3 Repetitions' and '1 to 2 Sets'.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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