

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

TRICEPS STRETCH

TRICEPS STRETCH:

Stand erect with one 'Elbow Rotated Straight Above It Associated Shoulder Socket'. ('Humerus Vertical') Lay the Forearm and Elbow' on top of your 'Head. Now reach up with the other 'Hand & Arm' and grasp the first 'Elbow' with your 'Fingers'. Pull the 'Subject Elbow and Arm' back behind your 'Head' and towards the 'Operational Hand'. 'Position & Hold' for a '12 to 15 Count'. Do '2 or 3 Repetitions' and '1 to 2 Sets'. Reverse the process. Change the 'Subject Elbow and Arm' and repeat the entire process. Always 'Breathe Out At Full Muscular Extension' as usual!

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

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