

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

TUMMY ON BIG BALL & LEG RAISES

TUMMY ON BIG BALL AND LEG RAISES:

Place your Lower Tummy, Hips and Upper Thighs On The Ball'. Start with both 'Feet or Toes' on the floor. Hands on the floor as in doing 'Push Ups'. Firm up your 'Body', especially the 'Core', and then raise both your feet off the floor to the 'Horizontal Position'. Stabilize and hold for a '5 Count Moment'. Then increase the muscular effort and lift the 'Heels Up Higher' above your Butt. 'Position & Hold' for a '5 Count'. Do '2 to 3 Repetitions' and '1 to 2 Sets'. 'Breathing Out' still applies!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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