

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

#### **PRIMARY EXERCISES**

#### **TUMMY ON BIG BALL WITH ARCHED BACK & FLYS**

##### **TUMMY ON BIG BALL WITH ARCHED BACK AND FLYS:**

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'. Keeping your 'Feet On The Floor', raise your 'Head & Chest' up as far as comfortable. This is 'Positive Back Arch' that is sometimes called 'Hyper-Extension' ('Back Bend'). As you assume or create this 'Position & Hold', raise both your 'Hands' onto a 'Palms Down Swan Dive' configuration. 'Position & Hold' for an '8 to 10 Count'. Do '5 to 7 Repetitions' and '2 to 3 Sets'.

A slight variation might be to 'Elevate or Extend Your Hands' forward in front of your Head and then to rotate your 'Palms To Up and Back To Down'.

Be inovative inall your 'Fitness Drills' so that you can get the most out of your dedication!

This in mind, add another variation. After you 'Hyper-Extend' ('Positive Back Arch'). 'Position & Hold', do the mirror image, which is the full 'Negative Back Arch' ('Kyphosis' or 'Forward Bend'). '8 to 10 Count'! Do '5 to 7 Repetitions' and '2 to 3 Sets'.

Breathe properly! Full exhale when you create the 'Work or Tension' and full inhale when you are returning to the 'Loading Configuration'!

### **SATISFACTION GUARANTEED**

E-Mail: [AskUs@555golf.com](mailto:AskUs@555golf.com)

WebSite: [555golf.com](http://555golf.com)

Telephone: (817) 673-8888

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