

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

TUMMY UP CRUNCHES ON BIG BALL

TUMMY UP CRUNCHES ON A BIG EXERCISE BALL:

Position the large ball under your lower back just above your butt so that your shoulders and neck will just clear. Hands should be under and supporting your 'Head'. Feel balanced and foot stable! Your tummy will be facing the ceiling and your thighs will be levelish and your butt will be up. You will have a straightish feeling back. Now, keeping your butt in relatively the same position, tighten your tummy muscles and lift your 'Head & Shoulders' up towards the ceiling. This will take out a bit of the 'Back Arch' and make you feel falt tummied and rounder backed. 'Position & Hold' for a '1 to 2 Count'. Do 6 to 12 'Repetitions' and 2 to 3 'Sets' as capable. Always strive comfortably extend both your 'Position & Hold Time', your 'Reps and Sets'.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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