

ELITE SPORTS PERFORMANCE

(‘ESP’)

‘FITNESS TIPS’

TWO ANGELS IN THE SNOW

You know what doing ‘**Angels In The Snow**’ is right? I know! You lived in Florida or the Caribbean all your life! OK! OK! Come on along for the ride! Imagine! Pretend!

We need to keep very ‘**Flexible In Our Upper Body Machines**’ to play ‘Optimal Golf’. Remember we must ‘Stretch’ wisely morning and night. We must ‘Stretch’ thoroughly first and in conjunction with any ‘Strengthening’ work. Ultimately, we need a balance of both. More later from your ‘555 TEAM’ whenever you wish. Always ‘Stretch Before You Practise or Play’. This helps avoid soft tissue injury.

This ‘Two Angels Exercise’ is about you ‘Upper Body Machine’, which is where your ‘**Vertical Engine**’ resides. This is where all the ‘**Up & Down Clubhead Motion**’ comes from or originates. ‘Golf’ is simply about balanced ‘Up & Down’ and ‘Round & Round’.

‘LIE’ on your back on the floor, legs separated about two feet apart, hands at your sides. Relax and breathe deeply in and fully out five times. Raise both your ‘Hands’ vertically, directly up from your sides towards the ceiling. Keep them moving along your ‘Body Line’ past vertical towards your ‘Head’ as far as you can make them travel in that big ‘Circle’ that has your ‘Shoulders’ as the center. You may be able to reach the floor above your ‘Head’. Once you have reached you maximum ‘**Range Of Motion**’ (‘ROM’) or travel distance, go just a little farther while breathing out and relaxing. Reverse the entire process ending up where you started.

These ‘Moves’ are like our ‘555 Vertical Circular 360 Degree Wind Mills’ that you use three times weekly. Right? Five groups of five reps. No weights! When you get proficient at ‘Zero Load’ add a hand dumb-bell.

Variation One: Start point, configuration and process is the same. The difference is that you now make the same motion on the ‘Horizontal Plane’. In other words your ‘Hands, Wrists, Arms and Shoulders’ move parallel to or touching the floor. You should be able to, or soon will be able to get your ‘Hands’ to lie flat on the floor at both the top and bottom. Work to this end. A key point is that the flat of your lumbar back is and remains ‘Flat On The Floor’ at all times.

You can add some various 'Foot and Leg Positions' during these 'Prone Wind Mills' if you like. Feet together and apart both on and off the floor! Be inventive!

You can also make the 'Angel Motions' exclusively with your 'Feet and Legs' while lying on the floor. You can also work both ends of 'The Machine' simultaneously. Make 'Horizontal Angels' with your 'Hands and Arms' along with your 'Feet and Legs'. Very efficient!

Variation Two: Exactly the same 'Hand Arm Procedure' and sequence as above except that now you **'STAND'** 'Heels, Legs, Back and Shoulders' against the wall. Repeat the above sequences precisely. Remember to breathe deeply in and fully out. Remember that the 'Small or Lumbar Portion Of Your Back should touch the wall throughout the entire exercises. Again strive to get both your 'Hands' touching directly above your 'Head', 'Stretch and Hold For A 5 Count' in each cycle. Reach up very tall and 'Stretch' 'Heels to Finger Tips'. 'Feel Long From Your Hips Sockets To The Base Of Your Skull or Top Of Your Head'.

Don't forget the **'Core Strength In Your Lower Body Machine' ('LBM')**, which is where your 'Horizontal or Round & Round Golf Engine' resides! We must work both ends to succeed!

You can relatively move one leg at a time and make relatively the same motions as you did with your arms. I think that this 'LBM Process' is yet another 'Angel In The Snow' but just on a different 'Plane' with different 'Components'! It's my imagination in over-drive! If we were to stand up to do the 'Snow Version', the 'Motion' would be 'Vertical Angels' as mentioned. Now, if we were to **'Raise Our Arms – Lever Assemblies To Our Shoulders'** and then make 'Helicopter Blades Motions', these would be 'Horizontal Standing Angels'. Very good 'Rotary Motion Drill'!

Never run out of educational material when teaching the 'Great Game Of Golf'! Truly a wonder to behold! Seldom boring from my perspective! How about from yours?

Remember that 'Golf Is Simply Compression and Line Of Compression' with 'A To B' results or a simple straight line. There is a lot more where this came from.

Welcome aboard!

“JUST ASK US!”

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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