

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

TWO FINGERS & A MIRROR

What a name for a 'Golf Fitness Drill'! Well, it's really a drill that uses two fingers too!

It is a '**Lower Body Machine** ('LBM') Stretch & Strengthen Drill'. The primary purpose or objective is to 'SET-UP' and 'EXECUTE' '**LBM Coil & Release Rotations**' in the confines of your own bathroom, no less! This eliminates the soft excuses that you had no time; the you could not make it to the gym; that the Moon was in the wrong sign! You know all of them already!

There are no excuses for not making this '**Bullet-Proof 555 Golf Fitness Drill**'.

Here is how it happens!

Stand directly in front of your bathroom or bedroom mirror ... 'Shoulders & Hips Square' ... 'Feet Relatively Under Your Shoulder' ('STANCE Width') ... 'Brace Foot Square' ('STANCE Foot Aim') ... 'Target Foot Quite Open' ('STANCE Foot Aim') ('SET-UP For A Normal 'Brace Side Coil and Target Side Release')... 'Knees Flexed' ... 'Spinal Forward Inclination' ... 'Looking Right Into Your Own Eye' ('Visual Acuity'). This gets the 'Lower Body Machine' in proper place.

The '**Upper Body Machine**' ('UBM') is a simple matter. Extend your 'Index Fingers' so you are 'Pointing Up'. Raise both your 'Hands & Arms' up ('Eye To Ear Height') level in front of and slightly outside your 'Shoulder Sockets'. Be comfortable. Look into one of your own 'Pupils'. Keep looking at it throughout most of the following 'Fitness Drill'.

Now, '**Rotate Your Body To The Brace Side**' ('Load Coil' – 'Balsa Airplane Propeller Tip') trying to get your 'Brace Shoulder Turned Behind Your Body'. This will simultaneously transport your 'Target Shoulder' to your 'Chin'. When you are warmed up and quite supple, you will be able to 'Full Load Coil Your Shoulders About 90 Degrees From Your Heels'. Remember your 'Index Finger Positions'. For now, let us strive to, with our 'Shoulders Only', to rotate our 'Target Finger' in front of our Eyes' ('No Bend & Straighten' and 'No Brace Lever Extensor Action') and thus enable the 'Brace Index Finger' to 'Disappear Behind Our Head'. We will no longer be able to see that finger in the mirror.

This is the indicator that we have fully coiled about 90 degrees to the Brace Side' with our 'Shoulders and Complete LBM'. **'Hold For A 5 Count'**! Then, let the 'Load Coil Release' smoothly back to the 'Target Side'. Your 'Index Fingers Will Rotationally Realign In Front of Your Body' from whence they started. Keep looking in your own 'Dominant Pupil' ('Steady Head' – 'Top Of Tether Ball Pole').

Once you get to this starting point, you will have a little 'Rotational Momentum' that is carrying you through the 'Square Position'. Allow it to do so. In fact, provide a little 'Brace Foot Push To The Target Side' ('Motive Force and Resistance').

In this smooth and normal **'Pushing Process'**, 'Rotational Release To The Target Side', you will 'Follow – Finish' as in a normal 'Soft Golf Swing'. As you are 'Releasing The Loaded Pivot', allow your 'Pivot Releasing Shoulders To Swing Your Brace Index Finger' 'Down The Line' ('DTL') or 90 degrees from where your 'Eyes' were looking and 'Parallel To The Mirror'.

I always like either to have an **'Open Door Or Spot On The Wall To My Target Side'** at about 'Eye Level' to which I rotate or complete my 'Motion'. This is really my 'Target' as I would certainly have in a real 'Golf Shot'.

I want to 'Feel' as though I **'Leg Drive My Brace Shoulder, Hand and Index Finger'** all the way 'To & Thru' that 'Target or Object On The Wall' to my 'Target Side'.

Of course, you must prepare and 'Execute' this very same 'Fitness Drill' in the opposite direction. This keep you 'Symmetrical' and fully rotationally 'Flexible'.

Keep your 'Finger Tips & Shoulders' level at all times.

As you are 'Load Coiling', you might be 'Breathing In' but, certainly, when you are 'Releasing That Coil', you must be 'Breathing Out'. As you add more 'LBM Thrust', you exhale more strongly. **'Simple Physiological Reality'!**

This is always about 'Stretch & Strengthen'!

“Welcome Aboard!”

“Enjoy The Ride!”

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