

# 555 GOLF TIPS

## 'PERFORMANCE EXCELLENCE'

### FITNESS DRILLS

#### TYPE & RANGE OF MOTION

The 'Golf Swing' involves complex 'Movement' that is simply created. In order to best understand our own 'Golf Swings', we would be well served understanding 'Human Motion'. We do so by getting a 'Grip' on '**The Physics Of Rotation**' and '**The Geometry Of The Circle**'.

'Motion' is either '**Linear**' ('In A Straight Line') or '**Circular**' ('In An Arc').

**'We Produce Motion By Either Relaxing Or Contracting Muscle Fibers'**. When we relax them, the 'Body Of The Muscle' gets longer'. When we 'Contract or Flex The Muscles' we tighten and shorten the fibers, thus making the overall length of the muscle shorter.

Muscles can work '**Singly Or In Unison**'. If, in our bodies, we want to do 'Work' or create 'Motion', we usually want the ability to do that same 'Motion' more than once. Repetition is a big part of life and 'Motion'. If we want to do the same 'Movement' twice, we must return to the original position or configuration more than once. We can accomplish that by 'Gravity', by 'Muscular FORCE' or combinations of the two conditions.

Consider '**Biceps Curls**'! The 'Raised Condition' is called 'Biceps Flexor' ('Tetanus') while the 'Lowered Condition' is called the 'Biceps Extensor' ('Tonus'). At the same time as the 'Biceps act or fire, the 'Triceps complement or mirror their moves. This is how most 'Body Movements' occur, '**In Harmonious Muscular Pairs**'. Remember, that, when one muscle is 'Contracting' ('Tetanus'), another is very likely 'Relaxing' ('Tonus'). Were the pairs to both become into a 'State Of Tetanus', there would be 'No Movement or Motion'.

If we had no 'Triceps' ('The Muscles At The Back Of The Upper Arm') we could still return our 'Biceps Curled Elevated Hand' with a 'One Pound Weight' from the 'Shoulder Elevation' back to the bottom or hanging position. 'Gravity' does it for us!

If we were to do the 'Biceps & Triceps Curl or Counter Exercises' on a 'Body or Core Horizontal Plane' ('Rotated 90 Degrees'), ie. lying 'Tummy Down' on an exercise bench,

we would have to accomplish 'WORK' in both directions, as 'Gravity' could not contribute to either 'ROM or Extensions' to a full degree.

However, if we were to be '**Suspended Up Side Down**', 'Feet On The Ceiling', this very same 'Lever Curl Maneuver' would require 'Triceps Muscular Force' to raise the 'One Pound' 'Up To The Thigh Position' while 'Gravity' would tend to the 'Balanced And Dropped Shoulder And Lever Aspect'. Thus, the 'Biceps' could be nearly 'Zeroed Out' or 'Inactive' in this 'Inverted Exercise'.

The 'Golfing Machine' is a marvel!

You own yours!

Care for 'IT'!

Remember,

## **'FITNESS & MECHANICS ARE INSEPARABLE'!**

To perform to you optimal level, you must be 'Optimally Fit'!

Get up off your 'Dead Butt' and 'Get In Motion', disciplined or not!

Just thinking about 'Fitness' will not 'Work'!

**“Welcome Aboard!”**

**“Enjoy The Ride!”**

## **'SATISFACTION GUARANTEED'**

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