

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

## **PRIMARY EXERCISES**

### **UPPER BODY STRETCH OR REACH ON BIG BALL**

#### **UPPER BODY STRETCH OR REACH WITH BIG EXERCISE BALL:**

Get 'Doggie Down On Your Hands & Knees'. Have the 'Big Ball' placed out in front of you on the floor about a foot or so. You want to be able to reach your 'Palms Down' onto the top of the ball. After you have done so, in a neutral body position, 'PUSH' your hands out away from your 'Core' and then 'PULL' them back. 'Position & Hold' for a '5 to 8 Count'. Do '3 to 5 Repetitions' and '2 to 3 Sets'. Always 'Breathe Out' when you are 'Extending'!

**"Welcome Aboard!"**  
**"Enjoy The Ride!"**

### **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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