

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

VERTICAL WINDMILLS

ON ONE LEG AT A TIME

Before we proceed, remember this a very strict and challenging 'Core Strength Exercise'! Suck your 'Bladder Back Towards Your Back Bone' and keep it there!

You are getting tougher all the time as there are really 'No 555 Exercises' that do not require the 'Abdominals Engaged'. Even if your are picking your nose, 'Suck It Back'!

You will recall the 'Flamingo Exercise Drill'. It is applicable to this 'Vertical Windmill' exercise. Think about it for a minute. In fact, make a few 'SET-UPS' and 'EXECUTIONS' of this 'Bullet-Proof Exercise'. Remember to 'Finish & Hold' for a five count!

Feel the 'One Legged', 'Target Legged Balance' while you 'Tap Your Brace Toe' on the ground with your 'The Sole Of That Brace Shoe Vertical To The Ground'.

Now lets get to the 'Vertical Windmill Arm Motions' with the 'Spinal Crankshaft' firstly 'Vertical' as well. Start your 'Palms Against The Seams Of Your Pant Legs', then raise your 'Hands' 'Vertically Out From That Position' all the way to the 'Top Of Your Reach', where your 'Hands' are 'Back To Back Above Your Head'. A slight but good 'Variation To This Theme' is to rotate your 'Hands, Wrists and Forearms' to the 'Palms Opposed Position' on the way up.

Do about ten of these 'Motion Repetitions' in this 'Primary Posture or Configuration'. Complete '3 Sets' before you make any the following modifications.

Here are the 'Modifications or Variations' if you prefer.

- 1) 'Alter Your Windmills To Horizontal Windmills'. Extend your 'Levers' out 'Horizontally In Line With Your Shoulders'. Make 'Clockwise and Counter-Clockwise Level' Windmills'. Extend your 'Range Of Motion' each repetition until you get to a maximized 'Extension and ROM'. After 10 reps, Finish & Hold "Brace Side' and then 'Target Side'. You will look and feel a little like a 'Propeller Driven Airplane' in a vertical climb. The 'Levers' or 'Windmills' are rotating 'Horizontally'.

2) 'Forward Incline' to your 'Driver POSTURE' and repeat 10 Reps'. Your weight will 'Shift Towards Your Toes'. You butt will stick out some to counterbalance. Feel balanced and 'Quiet In Your Body'.

3) 'Forward Incline Progressively' while you keep making the 'Windmills'. Bend forward as far as you can, until your 'Abdomen, Trunk and Chest' become 'Horizontal' to the ground or floor. Your 'Hands and Finger Tips' will now be 'Orbiting On A Vertical Plane', parallel or in line with the walls. You still have both feet solidly on the floor or ground.

4) Return to the 'First Degree Of Forward Inclination'. Continue to repeat the 'Windmills' but now 'Lift Your Brace Foot Up Off The Floor About Three Inches'. Keep making 'Windmills'.

5) Increase the 'Forward Inclination Of Your Spinal Crankshaft' all the way to 'Abdomen, Trunk and Chest Horizontal To The Floor'. Go as far as you can go without losing your balance.

6) Return to the 'First Degree Of Forward Inclination'. Change legs and repeat the entire cycle. Your 'Un-Loaded Foot' will still be only about three inches off the floor, ready to touch and add balance if and when required.

7) Now that you are acclimatized, keep on the same 'Primary Leg', but elevate your 'Un-Loaded Foot' as many degrees as your 'Body Is Forward Inclined'. If your 'Abdomen, Trunk and Chest' is 'Horizontal To The Floor', then your 'Un-Loaded Leg' is 'In Line' and 'Horizontal as well. You will look very balletic! Keep you 'Repetitions' and 'Finish & Hold The Lower Body Machine' ('LBM') At The Fully Horizontal Position' while still doing the 'Windmills'.

8) 'Back To The Neutral Position', 'Change Legs' and repeat the entire process.

When you are optimally in the 'LBM Horizontal Configuration', your 'Lever Assemblies' will be 'Windmilling Parallel To The Walls'. Your 'Finger Tips' should be touching your shoe at every downward cycle. That indicates good 'Flexibility' and full 'Extension'.

You will now certainly know exactly what is meant by 'Core Strength' and 'Balance'.

Well done!

“Welcome Aboard!”
“Enjoy The Ride!”

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