

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

WALK UP ON YOUR TOES

This may sound all too simple! Well, **'Fitness Is Simple'**! Let's take a look for a moment!

When you **'Press Up Onto Your Toes'**, this action 'Fires' the bulk of your 'Core and Primary Muscles'. You get your body into action by just 'Walking Up Onto Your Toes'.

If you simply stand in front of the sink and do **'Calf Extensions'**, 'Press Ups Onto Your Toes' ten times, you will 'Feel' what I am talking about. Do three 'Sets of 10 Reps Each'.

'Core Stability' can be efficiently gained or improved by this rudimentary physical motion that you can seamlessly add to your daily regimen.

When you walk anywhere, simply push off from your toes and then, once in a while, really do 'Calf Extensions' until your muscles burn just a little!

Combine this 'Bullet-Proof Exercise' with the **'Sit Down Walks'**. Good mix!

We are all 'Lazy Butts' to a degree. Get over it deliberately!

Earn Fitness! There is no other way!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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