

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

WARM UP EXERCISES

CALF PUMP & WALK

CALF PUMP & WALK:

This is designed to improve your 'Lower Leg' strength and flexibility. It focuses very effectively on the 'Achilles' and 'Foot Arch'. Making shortish steps, push up onto your toes after each extension and then step down or weight transfer forward. This is an 'Extensor Action'.

You would be wise to combine a follow-up '**Foot & Calf Stretch**' after you complete your 'Calf Pump & Walk' series. You can do so simply by putting your hands on a railing or bench and stepping progressively back keeping your heels on the ground until the angle between the sole of your foot and the 'Lower Leg Bones' ('Fibula and Tibia') becomes comfortably acute.

Feel the stretch and breath out.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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