

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

WARM UP EXERCISES

CART WORK

CART LUNGES

CART LUNGES:

This is a very traditional stretching exercise that is easily done and is very beneficial to playing good Golf.

Stand facing the seat, about one stride back from the wheels, either side will do nicely. Place your foot closest to the front roof post on the floor of the cart next to the seat. Place your hand closest to the roof post grasping the post about hip-high or slightly lower and your other hand, palm-down on the seat. You will 'FEEL' 'Stepped Slightly Back' from the cart.

Now bend the Knee of the Foot that has been placed on the cart floor and as you do so you will have the sensation of 'Sitting Down' and moving forward until this knee and upper thigh is about level to the ground or floor of the cart. You will 'FEEL as though you are Lunging Down and Forward' with your other Knee heading towards the ground. This is the 'Lunging Position'. This exercise is designed to stretch your Quads, Hamstrings, Groin, Buttocks, Lower Back, Abdomen and Thorax as well as your arms to a lesser degree.

During this entire exercise you must keep your Back 'FEELING' Tall or Elongated. You should 'FEEL' as though your Chest is 'Pushed Up' and that you have created considerable 'Space or Clearance' between your Hip Sockets and your Sternum. You do not want to 'FEEL' 'Rounded Shoulders'. They should 'FEEL' 'Back and Square' or 'Presented To The Cart'.

Do three or four repetitions of these with each Foot and Leg alternating on the floor of the cart. Once in the 'Lunge Position' hold and count five during each 'Lunge'.

As an added move, you can, during the maximized Lunge, reach your Hands and Arms straight out as far as you can directly forward of your Knee with your hand farthest from the Roof Post sliding out and back on the seat for balance. Also hold this extended or

reaching position for a count of five while breathing out. Then return smoothly to the 'Near Standing Position' but with your Post Foot still on the cart floor. Once you have done your repetitions on this Foot and Leg, change sides of the cart and perform the same exercises with the other Leg and Foot.

Once you have completed this series of stretches you will 'FEEL' elongated and alive in your 'Lower Body Machine'. This exercise makes your muscles 'FEEL' warm and active or ready for action.

A slight variation to the above is, when reaching fully out on the seat, to rotate your 'Upper Body' to the Target and Brace sides. When to the Target Side you will be touching the back of the seat. While to the Brace Side you will be touching the front or dash of the cart just below the plexi-glass if it has a windshield. This added trunk or torso rotation is another great movement to be done always breathing out when extended or reaching.

I would suggest that you make a list of these exercises and their variations and keep a count record, at least until it is 'Routine'. It is not optimal to perform these 'Once In A While' or when you conveniently remember. They must be done every session. Time required is minimal and you can still chatter with your cohorts while doing them so they are not antisocial. Be a leader. Who knows, you may get every member of your party doing smart exercises!

Making up your own variations is good as well, but keep them safe. If you 'FEEL' strain, stop.

**“Welcome Aboard!”
“Enjoy The Ride!”**

SATISFACTION GUARANTEED

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