

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

WARM UP EXERCISES

CART WORK

PUSHING THE CART

PUSHING THE CART:

Another basic exercise that can be done with your Power Cart.

Simply place your Hands 'Palm Down' on the front of the cart just at the base of the windshield, step back slightly and then attempt to gently 'Push the Cart Backwards'. The brake is on so it does not move.

You can be 'Stepped Back' with one foot, which will put you in the 'Lunge Position' or with both feet which puts you more in the 'Push Ups Position'. Do these 'Knee Bend Exercises' with a nice long and straight Back 'FEELING' nicely elongated or with good 'Clearance between your 'Hip Sockets and Sternum'. Five repetitions is adequate with each 'Foot Forward' or five with both back in the 'Push Ups Position'. The depth of 'Knee Bend' depends on the amount of flexibility you have and to what degree you are warmed up. Do not over stretch. In other words, get warmed up gradually before you maximize your extension and the depth of your bends.

Once you are thoroughly warmed-up, you can exert more force on the cart, 'FEELING' as though you can actually move it with the brake applied. This will put some heat in your Legs which is the object of the exercise. Once you have completed these 'Cart Pushes' you can finish with some traditional 'Shallow and then Deep Knee Bends or Squats as some people call them.

NB: You can make up more of these 'Cart Exercises' and, if you like them a lot, send your personal '555 TEAM' member an 'E-Mail' that explains what you have come up with. We are always listening!

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