

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

WARM UP EXERCISES

CART WORK

REACH BACK & AROUND

REACH BACK & AROUND EXERCISE:

This is a great exercise that is focused on your 'Trunk Rotation' but involves the entire 'Body Machine' as in the previous 'Tip It Over Exercise'.

By the way, during most of these or most 'Stretching Exercises' we must be 'Breathing Out' during the actual stretch and we must NOT overdo it so as to cause any strain.

Here's how we do the 'Reach Around Exercise'.

Sit in the middle of the 'Power Cart seat'. If you are reasonable large and long-limbed you will be able to take your 'Brace Hand' to about Chest or Shoulder high, extend it quit well out in front of your Body and then turn your Shoulders to the Target Side, turning smoothly all the way around to the Left Rear Post that supports the roof or canopy of the vehicle. If your Brace Fingers will not gently wrap around the post, you may have to scoot your derriere slightly more to the left (Target Side) of the seat in order to do so.

Wrap your fingers around the post and then gently and smoothly 'PIVOT or ROTATE' your 'Shoulders and Trunk' back towards the 'Brace Side' until your Levers, Chest and Hips come snug. Apply a little 'Pulling Action' and 'Breathe Out' to enable your entire body between your 'Brace Fingers and your Brace Hip' to stretch or elongate. Relax the 'Tension' and then let your 'Brace Fingers' come off the post and then return your entire Body back to the original 'Set-Up or Start Point'. Relax.

Now do another 'Repetition' but with the 'Target Hand' and repeat the entire sequence. You should do this exercise three to five times with each 'Lever Assembly'.

Again, as I mentioned, you can and should, during the stationery phases of each repetition, 'Roll or make nice big circular Motions with Your Head and Neck'. Solid 'R.O.M.' of this 'Top of the Lower Body Machine' is very useful indeed. We want to keep our Eyes on the Ball while we 'PIVOT or ROTATE' which means we require a good free-moving neck. Although the primary direction of stability against the 'Spinal

Rotation', in the actual Golf Swing, is 'Unidirectional', make sure you exercise bi-directionally to avoid physical limitations through problems such as 'Impingement or Deteriorated R.O.M.'. You need to be supple to make a proper free Golf Swing.

Again, you can use a stationary post or small tree trunk for your exercise post. If you are out of options, ask a friend to hold your hand where you would have been able to grasp the post or pole.

The bottom line is we must do these stretches in order to perform optimally, especially over the first several holes and long-term. We are all destined for injuries or infirmities; better later than sooner!

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

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