

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

#### **WARM UP EXERCISES**

#### **CART WORK**

#### **STEPPING OUT**

##### **STEPPING OUT EXERCISE:**

This one is simple and very easy.

While sitting on either side of the Power Cart, let your Foot and Leg that is on the outside of the cart extend out and down until it makes solid contact with the ground. You may have to scoot your derriere a little in that direction in order to make contact with the ground. Now you can do two separate exercises. The first is a 'Lower Body Machine', lower and upper leg exercise to get the blood flowing and those big muscles longer and warmer. Point the toe that is on the ground 'Open' and then push off with the cart foot out towards your grounded foot. You will 'FEEL' some groin stretch with load being applied to your quads. Your grounded leg and knees should be bent at about 90 degrees while your 'Upper Body' extends out and down towards your grounded knee. This is an easy version of a 'Squatting Leg Lunge'.

While in this position, your inboard knee will be dropping towards the power cart floor and your hands will be hanging and extended out and down towards your 'Grounded Lower Leg'. You can have one hand on either side or both on one side depending on the degree of 'Trunk Rotation' you desire and the amount of stretch you desire.

While you are in this position, 'FEEL' what is 'Stretching' and breathe out. You can deal with any tightness by gently focusing on it and allowing this tight area to 'Release' while 'Breathing Out'.

Always return to the upright and sitting position, to the original start position, slowly and smoothly. There is to be 'No Bouncing Action' at any time in any of these exercises. We are not trying to 'Bounce Muscle fibres and tissue longer through impact, but simply and easily through stretching tension and release.

### **SATISFACTION GUARANTEED**

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