

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

WARM UP EXERCISES

CART WORK

TIP IT OVER

RIDE-ON OR POWER CART DRILLS

(a pull cart will not suffice!)

Some people who worry about being able to afford the 'Fitness Centre and the Personal Trainer', the 'Back Yard Pool' and the 'Home Fitness Equipment' will wonder how they will be able to do these 'Golf Cart Exercises' because they do not own one to get around their 'Golf Community'! Well let me tell you that is not an obstacle!

Borrow One! Your neighbour might have one and, again, you can teach them what you have learned. Go to your local public course and politely ask one of the 'Service Staff' (better known as 'Cart Boys') if you might show them some 'Warm Up, Stretch & Strengthen Exercises' that your favourite 'Golf Teacher' brought to your attention over the 'Internet'. The '555 TEAM' would appreciate if you were to give these nice folks our 'WebSite URL' and or our 'E-Mail Address'. If they are not willing, 'NEXT'!

Remember, most of these courses have great 'Twilight Round Rates'. Pay your green fee really early, it comes with a cart. Warm up with your 'Cart Exercises' and then spend some quality time on the driving range before you tee off! I guarantee you will be meeting some very nice folks who are inquisitive as to **"What In The Heck Are You Doing?"**! Now doesn't this make sense?

HERE ARE YOUR 'CART EXERCISES'

Remember, there is a purpose for every exercise. Do a couple in 'Slow Motion' and 'FEEL' what muscles are being used. Focus on these and imagine them 'Getting Stronger & Stronger'. Know the muscle groups and pairs that are the subject muscles. In this

manner you will develop more efficiently. Be aware of your progress by keeping track of your 'Weight or Load and Reps'. Make regular advances in these factors.

a) **TIP IT OVER EXERCISE:**

The first one is easy and very useful and I call it the 'Tip It Over Drill'. (Don't take the name too seriously!)

Standing just beside and behind the front tire facing the power-cart at just inside arms-length, reach out and take hold of the vertical roof mount post at about chest high with both hands. With you Elbows slightly bent, sit back and down until you 'FEEL' 'Weight, Load or Pull' on your 'Hands and Arms'. When this happens, let your 'Elbow Bend' straighten to full length Levers and let them take up as much of your weight as is comfortable. You will 'FEEL' some Tension in your Quads as well as 'Pull on your Hands and Arms' This is a 'Squat Feel'. You should 'FEEL' the stretching from your Hands all the way to your lower Back and Butt or those Glutes (Gluteus Maximus, Gluteus Medius and Gluteus Minimus).

So, understandably, this 'Warm-Up Exercise' emphasizes and works, on the Sit Down Phase, the Hands to the Shoulder Sockets, the Shoulders, the Upper Back, Lower Back, the Hips Girdle, the Butt, Quads, Lower Legs and Feet. You can see why I like this 'Stretching Drill'. It covers the bases.

Now, once 'Down and Out', 'Stretched' into the 'Sitting Posture', smoothly pull with your 'Upper Body Machine' and push with your 'Lower Body Machine' back to the original 'Standing Configuration' with just a very little weight still on your Hands.

Repeat this 'Motion' about five 'Repetitions' with no load other than your own Body Mass. That will be adequate to accomplish good 'Stretch and Warm-Up'. You will get the blood flowing.

A slight variation to the original theme would be as follows:

When you are in the fully 'Sit Down, Maximum Stretch Position, simply let your Hips and Body shift first to the Brace Side and then back through Square to the Target Side. This will increase the 'Lateral Abdominal and Trunk to Chest and Armpits Stretching' that is so beneficial to your operational Golf Swing. As you make this 'Shift' you will 'FEEL' increased elongation in your Upper Shoulders muscles, the Trapezius and Neck muscles. This is a good 'Feeling'. Remember to never overdue any stretching and to 'Breathe Deeply Out' during the 'Stretching Feeling'. We want to 'Let It Go' during the elongation phase.

As soon as you experience these 'Drills', properly done' you will also find it easy to 'FEEL' where you are still tight. When you discover area of muscles, single, paired or grouped, that are snug, expand your current stretch to include this region. This is the magic of 'Getting In Touch With Your Body'. 'FEEL IT' and deal with it. This sensory

awareness will help your awareness of building 'Tension' during the actual round of Golf, during which you can very easily, quickly and effectively tend to any 'Muscular Tension' you might be experiencing. Never allow tightness to linger. Deal with it now! Tightness is a precursor or warning of risk. When you are tight, you will lack 'Range Of Motion' and, if you fire the 'Golfing Machine' hard in any 'Procedure' you are likely to injure something. Whether it is small or large, the price is too high to pay, especially when we can learn how to avoid any such event.

Stretch during the entire round whenever necessary!

Be aware of your Body!

I want you to follow this awareness function with all your 'Physical Drills' regardless of what, Where and When they take place. Always 'FEEL' what the limiting factor is and deal with it if at all possible. Do so in relative comfort so you do not 'Strain' anything. When something is tight, apply 'Stretch and Release It' to a point where you 'FEEL' that the tightness is gone or going away. You will 'FEEL' optimal length. That's the end.

Keep in mind that this exercise can be equally as easily and effectively performed with a stationary pole in the ground or a very small tree trunk. Don't use as an excuse that you could not find a power cart!

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

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