

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

WARM UP EXERCISES

CYCLING YOUR LEGS

CYCLING YOUR LEGS:

This is NOT like **'Recycling'**!

You might assume a quasi running start position ... like being in the blocks.

Once set, gently lift the 'Aft Leg', pull it up towards your 'Chest' and then push it back down and out well extended behind you butt. Lift it up higher and return it to the start position. You might kick yourself in your own butt a couple of times with your active heel.

Make ten big strong circles with butt kicks. Make a few repetitions with soft muscles and then gradually firm them up. This is like 'Cycling'.

Focus your 'Eyes' for balance.

Breathing in and out fully is essential.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7