

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

WARM UP EXERCISES

ELBOW TO INSIDE OR YOUR ANKLE

ELBOW TO INSIDE OF YOUR ANKLE:

Now that you are warmed up, you can perform a powerful and more demanding 'Lunge Variation'.

This exercise is designed for 'Hip Flexor and Stability', for 'Hamstring Strength', 'Quads & Glutes Conditioning' as well as for 'Stretching The Lower Back' and the corresponding, cooperative 'Lower Front' ('Transverse Abdominus Erectus' or trans bladder muscles).

Similar to the '**Lunge Walk**', that we have used in the pool and now on its deck, we primarily extend our trunks farther forward over our 'Front or Target Foot', thus getting our Sternum even right in contact with our 'Quads'.

Now, for example, while you are squatted onto your 'Right Leg', extend and stretch your 'Right Elbow' down towards and even making contact with your '**Right Medial Calf or Ankle**'. If you are really supple, you can even make contact with the ground beside that 'Medial Ankle'.

This is a 'Balance Exercise' so use your 'Captain Eyes' efficiently by focusing on a 'Forward Target'.

Breath deeply and efficiently!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7