

# **555 GOLF TIPS**

## **'PERFORMANCE EXCELLENCE'**

### **FITNESS DRILLS**

#### **WARM UP EXERCISES**

#### **HIGH KNEE LIFT & WALK**

##### **HIGH KNEE LIFT & WALK:**

This exercise benefits you 'Hip Flexors, Lower Leg and Ankle Strength'. Standing with a little 'Knee Flex', extend up onto the 'Brace Foot Toes' and lift the cooperating 'Knee and Thigh' to the level position at first. Once warmed and stretched, raise your 'Target Knee' as high as you can, even up to your chest.

This manoeuver is well suited to being done while actually walking forward or while in 'Lateral Motion'. You can add '**Spring In Your Step**' even to a hopping motion as desired. This is an excellent 'Calf and Foot Strength Builder'.

Keep your 'Eyes' focused on a forward target for balance and coordination.

You can add variable 'Mass or Weight Loads' as required.

**"Welcome Aboard!"**  
**"Enjoy The Ride!"**

#### **SATISFACTION GUARANTEED**

E-Mail: [AskUs@555golf.com](mailto:AskUs@555golf.com)

WebSite: [555golf.com](http://555golf.com)

Telephone: (817) 673-8888

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