

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

WARM UP EXERCISES

LEG DRIVES

LEG DRIVES:

This is a very good 'Core Strength Exercise'. It focuses on your 'Quads & Glutes' as well as your entire 'Abdominal Trunk' and 'Hip Flexors'.

Lean forward with your hands on a wall at shoulder level. Your feet will be about a yard or slightly farther away from the base of the wall. Focus on a spot at 'Eye Level' for balance. Your body should be relatively straight and '**Braced Up**' from Hips to Sternum. We call this 'Athletic Ready' or 'Greco Roman Ready'.

While in this 'SET-UP Position', raise your right 'Upper Leg To Horizontal'. This bends or mobilizes ('Loads – Flexes') the subject knee and associated muscles. Now, from your 'Hip Socket', drive the right or focus foot back down and back until the toe passes just above the floor and makes firm contact at full extension. Reach out and stretch that limb!

Repeat the process in reverse order. Complete as many repetitions as is comfortable and then do two more!

You should increase 'Speed and Load' as you become more fit. You can add a 'Weight Boot' if you have such a specific device.

You can vary the 'Spine and Leg Angles' as well to vary the 'Load and Drive Lines' to suit your work out needs.

Always strive to be a bit innovative in your approach to this fitness process. Keep it simple and efficient.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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