

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

WARM UP EXERCISES

SIDEWAYS & BACKWARDS RUNNING

SIDEWAYS & BACKWARDS RUNNING:

You see boxers doing this with a skipping rope by the hour.

This exercise is designed to target your 'Lower Leg Strength' with speed, agility and flexibility. It, of course, involves the entire 'Lower Body Machine' ('LBM') when done properly. You can activate the 'Upper Body Machine' ('UBM') as well if you get just a little innovative by using some small hand weights with appropriate motions.

If mastered, you can also do this with a 'Skipping Rope'.

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

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