

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

WARM UP EXERCISES

SIMULATED RUNNING ARM ACTION

SIMULATED RUNNING ARM ACTION:

This exercise is designed to mobilize the 'Biceps and Triceps' as well as to energize the 'Shoulder' and 'Chest Musculature'.

This drill does not take much imagination!

Run about 50 yards. Feel and remember your 'Lever Action' ('Upper Body Machine')

Now you can simulate and reproduce these 'Motions or Actions' while standing or seated!

I prefer to just do them while actually running, but there will come a time when you simply do not have the room or luxury and still need to exercise the 'UBM'.

To add 'Work Load' simply add 'Mass' with dumb bells.

Speed and 'Range Of Motion' ('ROM') is the primary purpose herein. Thus is it more about 'Reps and Aerobics' that 'Power'.

You can add some 'Reaching Out' to the 'Motions'. This will improve the utility of the exercise.

Focus on a forward spot on the wall or similar so you incorporate a sound 'Balance Component'.

Breathing out ('DDB') in your power strokes is essential. You must always exchange good fresh clean air for your waste removing exhaust or you are frittering your valuable time in performing these or any 'Exercises and Drills'.

Do it right!

Or not at all!

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

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