

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

WARM UP EXERCISES

THREE MINUTE HILL AEROBICS & MUSCULAR

THREE MINUTE HILL AEROBICS & MUSCULAR:

Warm up first! Lots of '**Total Body Stretches**'!

We all know how hard and effective it is to run up a short hill. Start slowly then increase your 'Foot Work speed' and 'Leg Power'! The faster you make the trip the more 'Work' you do.

This is a perfect 'Aerobic and Muscular Drill'.

Run up and down the hill making sure you achieve the proper and optimal 'Leg Extension'.

If you simply do not have a hill readily available, you can use a big flight of stairs as your medium. I lived in a residential 20 story tower for a while. It was right on Boundary Road in a place called 'Burnaby Central Park'. Good view but an ugly high-rise environment for this country boy! Like a huge stack of human pancakes with no natural maple syrup.

I would run up the full 20 and, with or without resting at the top, I would run back down. This became a ten trip event. I could beat the elevator up if there were but one stop. Down the same! Actually I could beat it if it did not stop but the danger or risk level went up exponentially with speed. Precise hand ('Railing') and foot work ('Steps') was essential as a mis-step could cause a very likely foot or ankle injury. I was really moving in both directions. '**Gravity versus Lift**'! This was a real 'Pick 'Em Up and Put 'Em Down Exercise'! To jump off my 20th floor suite balcony would have been slightly faster but less 'Long Term Efficient'!

Boy was this 'Stair Work' ever a '**Cardio Pulmonary Muscular**' event! The burning was a rush but of the heavy-duty variety! Made the boy stronger!