

Proper form is essential for success when training to get the best results. It is the quality of training that influences your progress, more than the quantity. Time under tension, angle of movement, range of motion, and many other factors all contribute to a particular training session. It is important to understand the proper technique of the exercises to get the most benefit from your time.

1. **Lying down, place your hands on the bony parts at the front of your hips and knees bent. This area is known as your anterior superior iliac spines (asis). Move your hands in an inch towards your belly button and down and inch towards your toes. You should now be directly over the transversus abdominus muscle.**
2. **Imagine that a belt with 10 notches is tied around your abdomen. Take a deep breath in and on exhalation visualise that the belt is being fastened up to the tenth notch. Using the above transversus palpation technique can you feel a tightening (not bulging) under your fingers? Now visualise leaving the belt off to the 3rd notch. Alternatively imagine trying to do up a button on a tight pair of jeans.**
3. **Focus on drawing your belly button in towards your spine at the same time as tightening that belt or doing up your jeans.**
4. **Remember to breathe normally throughout all the exercises- it is common for beginners to hold their breath as they focus on contracting the core.**
5. **Use this technique when doing any form of abdominal exercise and you will see the difference in your core strength.**
6. **It will take a little getting used to but once you have nailed it it will become second nature.**



Nail your technique to get the most out of your workouts.



Information Zone:-

1. We are always keen to know how you got on - you can post your results through on our Facebook page
2. Remember to always work on technique
3. If you choose to do an easier variation, try progressing from there - but make sure you keep your form at all times
4. Don't forget you can contact us through our website, Facebook or email if you have any questions
5. Always consult your doctor before beginning any new exercise program
6. Don't forget to warm up, cool down and stretch with every MyFitZone workout

Check out our website for more workouts at www.myfitzone.co.uk