

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. Place your hands shoulder-width apart with arms straight and so your shoulders, elbows and wrists line up. This position, with all the joints of your arms aligned, works your muscles without placing excess stress on the joints.
2. Your fingers should be slightly splayed and pointing forward, with your hands forming right angles with your forearms. Maintaining a strong wrist position keeps your arm joints aligned to minimise joint stress and form the most stable set-up.
3. Initiate the move by bending your elbows to lower your chest towards the ground. Flaring your elbows out to the sides works the chest harder but ups pressure on the shoulders. Keeping them at your sides works the triceps more.
4. Your hips should remain in line with your shoulders for the entirety of the set. Holding your hips up keeps your body stable, which allows your muscles to focus on performing high-quality reps rather than on stabilising your torso.
5. Keep your feet hip-width apart. Placing them farther apart makes it easier and bringing them together makes it harder. The closer together your feet the less stable your body, which means your muscles must work harder each rep.
6. The closer you can get your chest to the floor the better because this makes the working muscles move through a full range of motion. The deeper you can go the more muscle fibres you activate. Keep reps slow to work them harder.



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

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Master Class :- Squats

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1. **Make sure your knees don't protrude far over the toes.** Each time you squat you should push your hips back so that your bottom moves backwards during the downward phase of the squat, ensuring your knees don't protrude over your toes (if you are tall, this may happen, but make sure it does not put pressure on your knees). Finally, the pressure of the squat will be on your heels instead of your toes and you will be able to get more depth to your squat.
2. **Ensure that when you squat make sure your spine is in proper alignment.** By keeping your shoulder back and your chest out, your lower back will most likely have the correct natural curve. If you instead round your shoulders and sink your chest in, your spinal alignment will be thrown off. Pick a point on at eye level or slightly above to ensure you don't round your neck.
3. **The wider you put your feet, the more it works your glutes and hamstring (back of the leg), and the easier it will be to stabilise.** The closer in you put your feet, the more your quadriceps will be emphasized (the front of the leg).
4. **A great way to make sure that you are not rounding through your back is to perform the squat in front of a mirror so you can see your back position.**
5. **Tip for you – stand facing a wall and about foot away, now squat down and it will automatically ensure that you sit deep into your heels and chest is high or you will hit your head on the wall.**



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1. **Lying down, place your hands on the bony parts at the front of your hips and knees bent. This areas 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 you 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 breath 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.**



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