



BACK TO BASICS



THE BASICS

Get back to exercise basics with everyday movements! Honing in on these simple techniques will help improve your performance with more advanced exercises and will maximize the efficiency of each of your workouts.

THE MOVEMENTS

Most of the movements performed during exercise stem from just a few foundational movements. These are the building blocks most workouts. They should be practiced to perfection to improve overall fitness and decreasing injury!

FOUNDATION MOVEMENTS

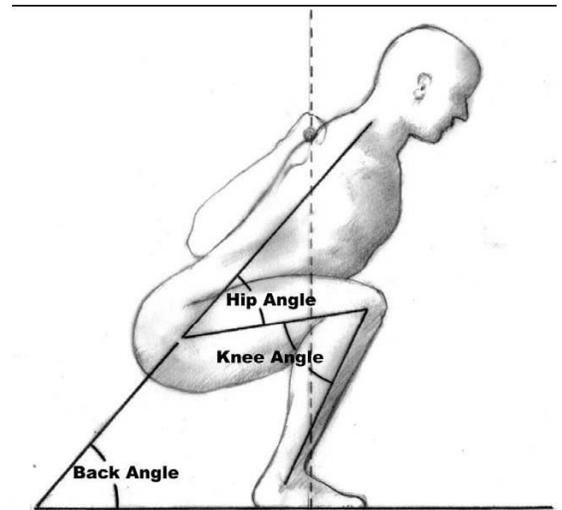
- Squats
- Push vs. Pull
- Jogging vs. Running
- Core exercises
- Stabilizing Exercises



BACK TO BASICS - FOUNDATION MOVEMENTS

Squats

Squats not only target the legs, but the entire body! Maximize efficiency by properly bracing for the squat by tightening core and learning how to control the speed of the descent. Practice this method with lightweight before lifting heavy. Once you add weight to the barbell, keep the bar in line while descending and ascending.



Push vs. Pull

Push workouts are meant build chest and tricep muscles, and are good for stabilizing your posture support muscles as well. Pull movements mainly target your back and bicep muscles. Push and pull workouts can be performed with bodyweight or added resistance.

Core Exercises

Your core is used in every exercise. Core exercises like crunches, sit-ups, or leg lifts are perfect for learning the mind/muscle connection needed to utilize your core! Focus on contracting your core and then performing the exercise instead of just moving the muscles and areas around the core.

Stabilizing Exercises

Stability exercises are a must! Much like core exercises, stabilizing muscle groups target more of your abdominal region and tend to protect and strengthen around your joints. There are stabilizing muscles all throughout the body and exercising them will decrease the risk of injury. Exercises that require you to stay in a single position for certain amount of time are ideal for stimulating stability muscles (Planks, wall sits, hand stands are all good examples)

Jogging vs. Running

Everyone generally knows the difference between jogging and running. Since it is one of the most convenient forms of exercise, it becomes a staple for many avid exercisers. An area of concern can become foot placement. Jogging is better and more comfortable when using the heel strike method while running should use the toe strike method. These simple tips will increase efficiency while running or jogging!