

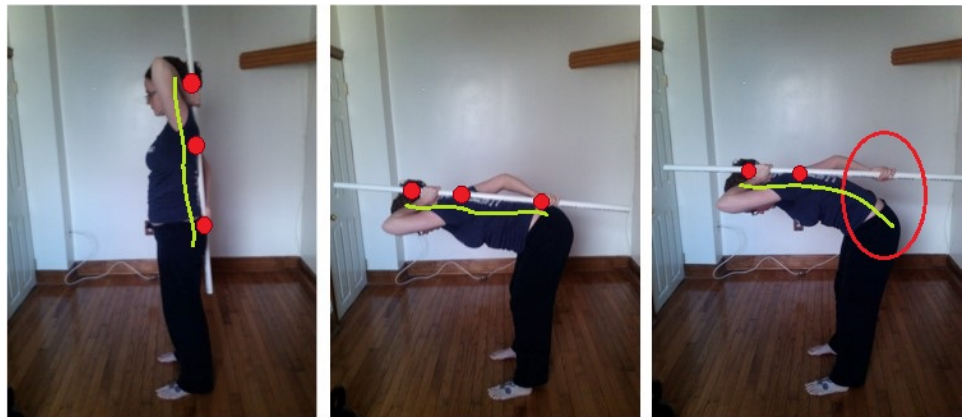
EXERCISE TECHNIQUE

FORM BASICS

There are a few basic things you must do to have good form, that are consistent across most exercises.

Starting at the top, you must make sure your shoulders are down and back – think about keeping your shoulders away from your ears, locking your shoulder blades down, having the best posture possible and no shrugging!

Next keep your spine in neutral position. Our spines have natural curves, so we don't want to flatten those out and have a "flat back". We do want to maintain neutral spine position at all times. This means that you should move in such a way that if you held a dowel behind your back, you would always have three points of contact between your body and the dowel; your head, between your shoulder blades, and your sacrum (top of your bum).

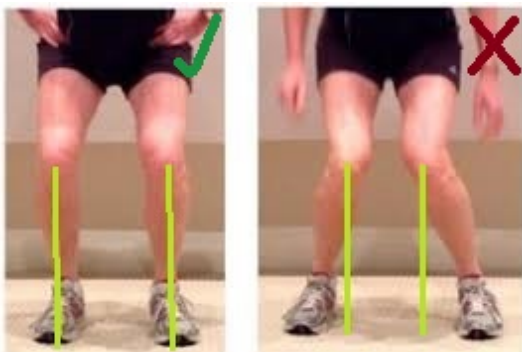


START

FINISH

MISTAKE

<http://www.fitnesspollenator.com/2013/12/introducing-deadlift.html>



<https://gomonkeystyle.com/2019/08/26/i-am-become-valgus-destroyer-of-knees/>

Finally, keep an eye on your knees. In some of us, women especially, when we bend our legs, our knees cave in. You must resist this and keep your knees tracking over your shoelaces/the middle of your feet.

Ultimately, do what you feel comfortable with and follow any instructions you have received from your doctor or another healthcare professional.