

Foolproof Steps To Perfect Form

It's so important that we maintain great form when exercising to not only prevent injury, but to also work the right muscles.

Here are four form tips for four common exercises:



The Squat

- 1 Initiate the movement from the hips - like sitting in a chair
- 2 Keep your eyes up and make sure your shoulders are relaxed
- 3 Check that your knees stay over your toes
- 4 Make sure your pelvis stays level and doesn't twist or rotate

The Push-Up



- 1 Check that your hips stay level
- 2 Tuck your chin towards your chest for a neutral neck position
- 3 Relax your shoulders
- 4 Don't chicken wing your arms. Keep your elbows below shoulder level

The Lunge

- 1 Imagine two railway tracks, feet stay on these
- 2 Once you've taken the step, focus on lowering your back knee
- 3 Neutral spine, eyes up and shoulder back but relaxed
- 4 Check that you aren't leaning forwards, backwards or to the side



The Plank



- 1 Check that your hips stay level
- 2 Tuck your chin towards your chest for a neutral neck position
- 3 Relax your shoulders
- 4 Feet together, hands apart