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Setting the Position:

Before each lift, it is important to get into the proper position to prepare for the lift.

- Proper alignment of the spine
- Abs “core” must be contracted (held tight)
- Control over the weight, with perfect technique.
- Focus on your exhale.

For Example:

Dumbbell Fly’s – Lay back with the dumbbells. You will have a neutral spine (natural arch). Too many women go into a posterior pelvic tilt and lose their low back curve. This is not recommended.

The chest will be a little higher, not so high that one throws the back into extension. (Overarching the lower back)

Keep shoulder blades anchored to the bench with abs contracted to stabilize the body.

Inhale as you move the dumbbells with your arms creating width to the sides. The elbows should be a little bent. The motion is more like a smooth arc. You feel a nice, controlled stretch in the chest and at the same time you feel your back muscles contracted to stabilize throughout the range of motion.

Exhale on the second half of the movement as you bring the dumbbell back to the starting position.

No matter what lift, always “set” the position and keep the “core” tight and engaged.