



PROPER EXERCISE TECHNIQUE

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PROPER EXERCISE TECHNIQUE

Proper technique will transform your practice. When you execute movements with proper technique you are using the appropriate muscles, you are getting all the benefits from the movement, you are preventing injury and you will be able to progress safely.

Enjoy your practice!

Shannon & Aline



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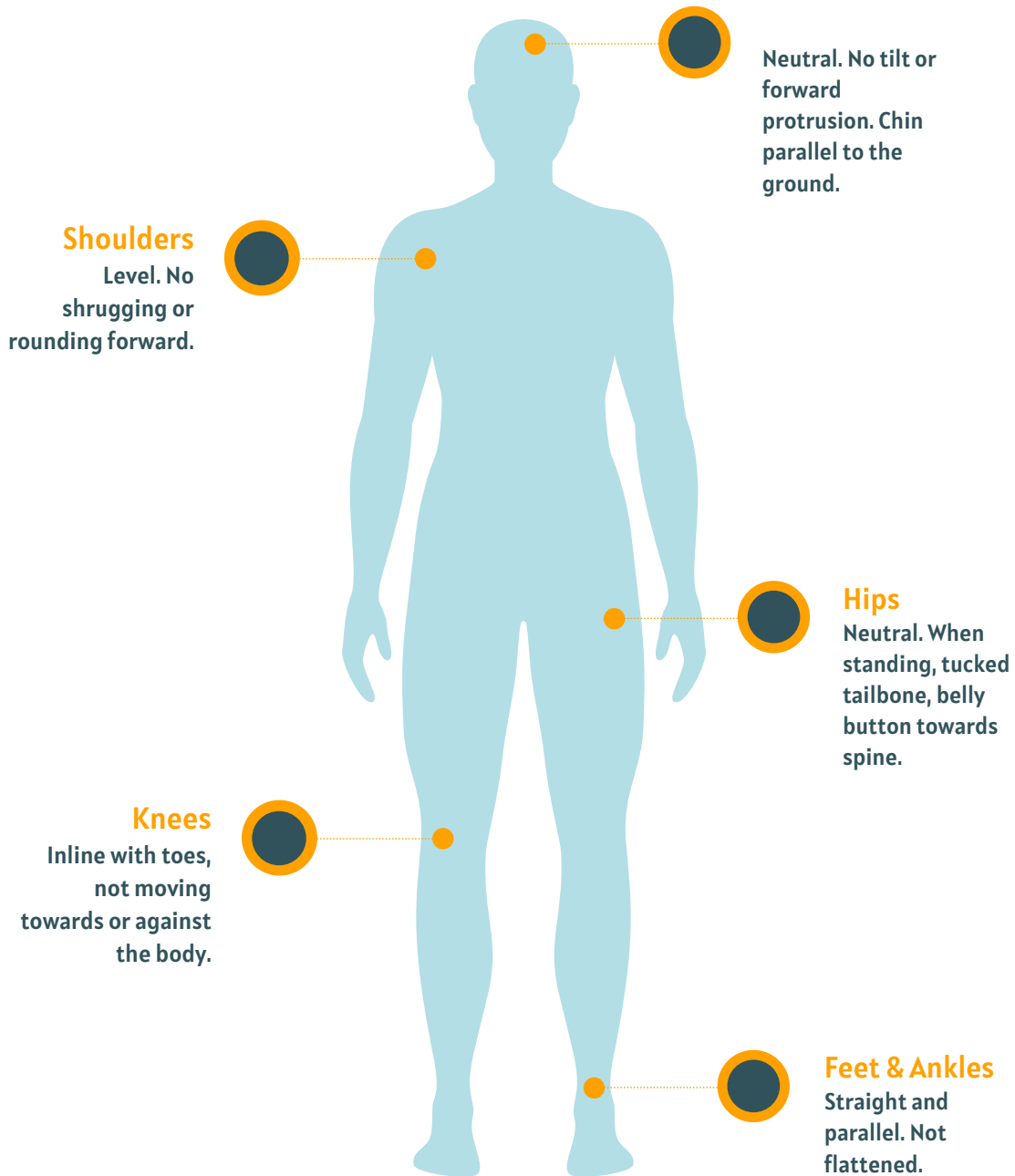
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KINETIC CHECKPOINTS



Neutral position: Feet hip width apart, toes face forward, knees soft (not bent or locked), posterior pelvic tilt (tuck tailbone under and drive belly button in towards spine), engage core, shoulders down and back, head neutral to spine, eye gaze forward.

THE HIP HINGE



PROPER FORM

Begin in neutral position. Keep weight on heels and move with hips first. Don't bend your knees, keep them soft. Inhale, press hips back. Keep back straight as you glide your hands down skin, just below knee caps.

You should feel it in the back of your legs, eye gaze down at your toes. Exhale, keep weight on heels and begin to glide your hands back up legs. Keep back straight the entire time. As you stand tall, engage core and squeeze glutes

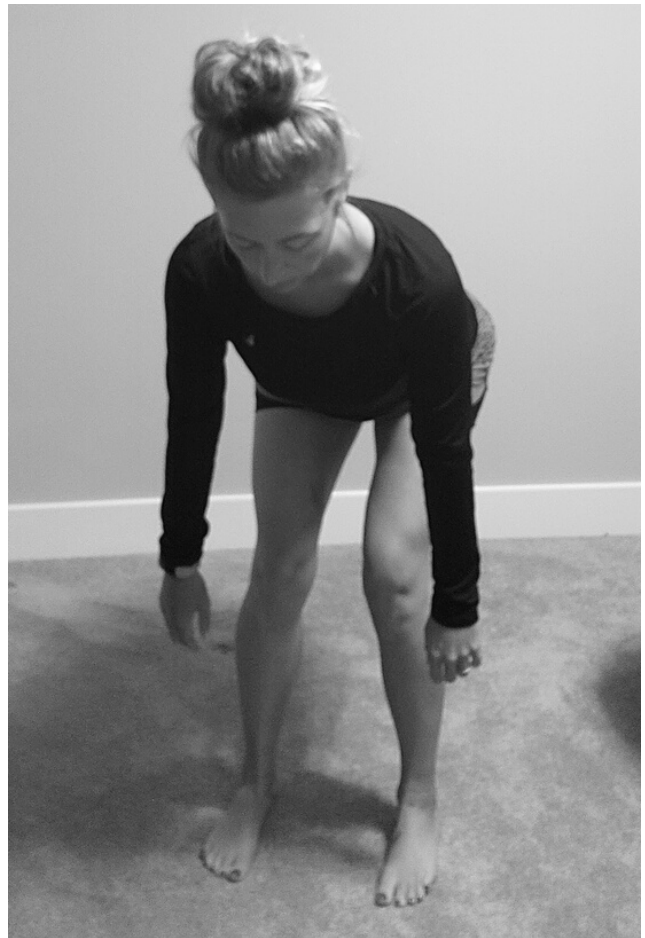
KEY POINTS

- . Feet hip width apart, toes face forward, knees parallel
- . Posterior pelvic tilt/core engaged entire exercise
- . Maintain a straight back entire exercise
- . Shoulders down and back, chest open
- . Head remains neutral to spine; avoid looking side to side or up
- . Hinge hips back first, keeping knees soft and parallel to one another. Slowly lower the upper body down until the chest is parallel to the floor. Weight on heels, back remains straight
- . Inhale hip hinge, exhale to stand

THE HIP HINGE INCORRECT FORM

WHAT NOT TO DO

Here are some examples of how
NOT to do a hip hinge.



THE SQUAT



PROPER FORM

Begin in neutral position, feet shoulder width apart. Always keep weight on heels and keep chin/chest open, not lowered.

Inhale, press hips back and begin lowering into a squat with your knees. Knees remain parallel to one another, and right above ankles. You should be able to see your toes. Keep back straight, with chin and chest open. You should be able to comfortably look up where the ceiling and the wall meet, not looking down at your toes. Exhale, press weight up through heels as you begin to rise out of the squat. Stand tall, avoiding locking knees, engage core and squeeze glutes.

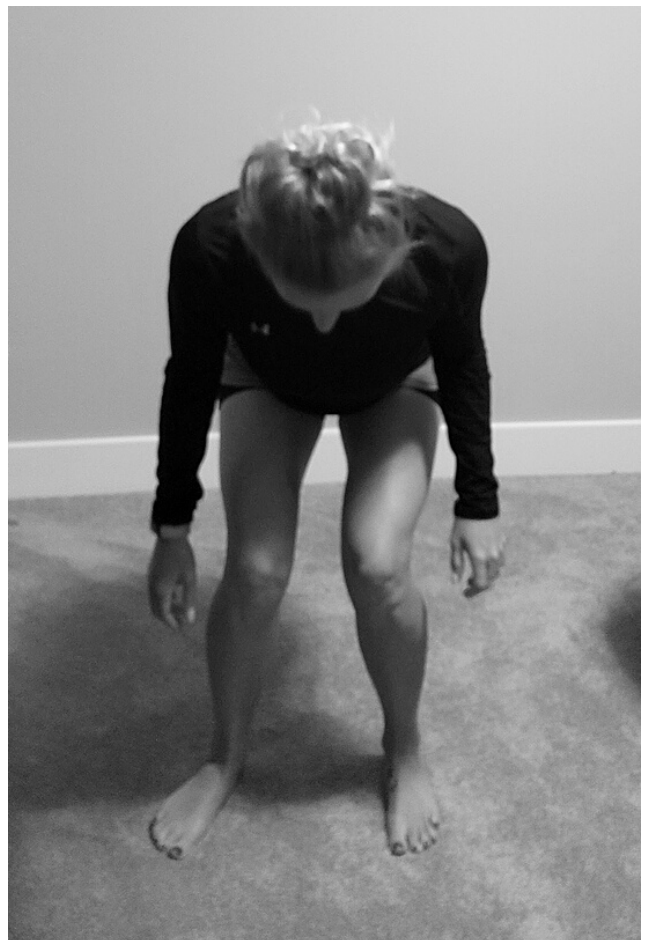
KEY POINTS

- . Feet shoulder width apart, toes face forward
- . Knees parallel to one another
- . Posterior pelvic tilt/core engaged entire exercise
- . Maintain a straight back entire exercise
- . Shoulders down and back, chest open
- . Head remains neutral to spine; avoid looking side to side or up
- . Hinge hips first then begin to lower with knees; knees should remain parallel to one another directly above ankles. Weight on heels, chin and chest open
- . Inhale squat, exhale stand

THE SQUAT INCORRECT FORM

WHAT NOT TO DO

Here are some examples of how
NOT to do a squat.



THE PLANK



PROPER FORM

Begin in a prone position (lying on your stomach). Place elbows directly under shoulders and keep forearms rested on the mat. Feet hip width apart. Slowly elevate hips above mat, keeping hips parallel to floor. Avoid letting the hips drop or press towards the sky. Engage core. Continue to breathe; never hold your breath during exercise, especially an isolated (holding) exercise.

KEY POINTS

- . Toes down and feet hip width apart
- . Knees parallel to one another, not locked
 - . Hips parallel to floor, core engaged
 - . Shoulders strong, chest parallel to floor
- . Elbows directly under shoulders, forearms flat on mat
- . Head neutral to spine, eye gaze at top of mat
 - . Continue to breathe entire exercise

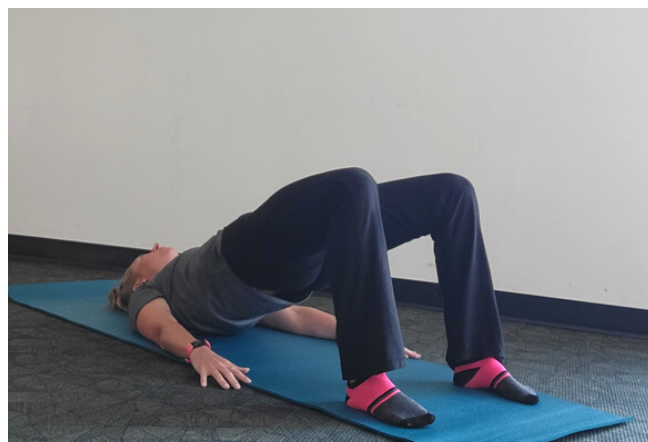
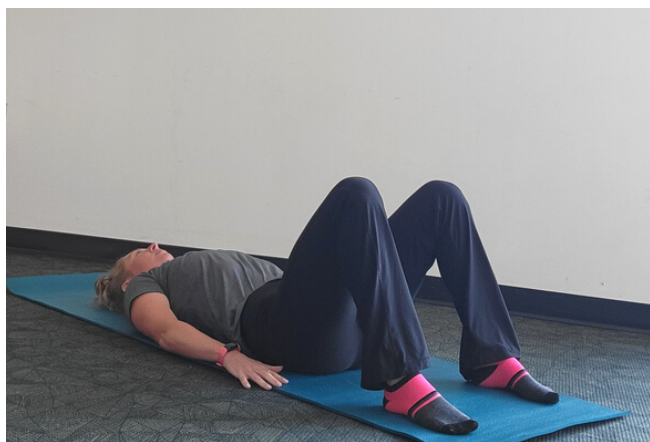
THE PLANK INCORRECT FORM

WHAT NOT TO DO

Here are some examples of how
NOT to do a plank.



THE GLUTE BRIDGE



PROPER FORM

Begin lying in a supine position (on your back). Bend knees and move feet so your heels are about 6 - 8 inches from glutes.

Relax shoulders, and create space between chin and chest, so roll crown of head towards back wall. Exhale, press weight up through your heels to drive hips towards the sky. Squeeze glutes. Inhale, keep weight on heels and slowly lower hips back to the mat.

KEY POINTS

- . Feet flat, shoulder width apart, with toes facing forward, positioned 8 inches from glutes
- . Knees bent and remain parallel to one another
 - . Hips neutral with core engaged
 - . Shoulders and head relaxed on mat
- . Press weight through heels to elevate hips.
 - . Squeeze glutes at top position
- . Exhale press hips towards sky, inhale lower hips

THE GLUTE BRIDGE INCORRECT FORM

WHAT NOT TO DO

Here are some examples of how
NOT to do a glute bridge.





ABOUT THE CORE

We are Aline and Shannon and it is our passion and our mission to support you in consistently becoming the person you want to be.

The Core is a place for science-based information paired with years of experience to bring you simple and doable nutrition and fitness support.

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