

# 15 basic errors when exercising can be harmful to your health

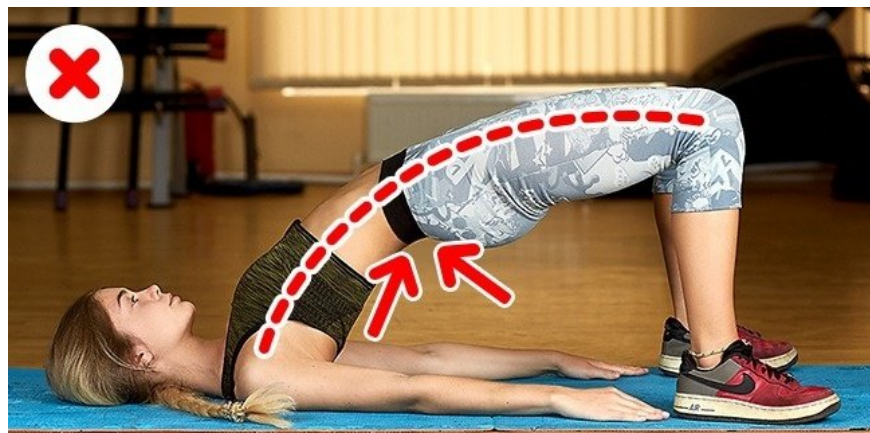
Please refer to the 15 basic errors when exercising that could be harmful to your health in the following article!

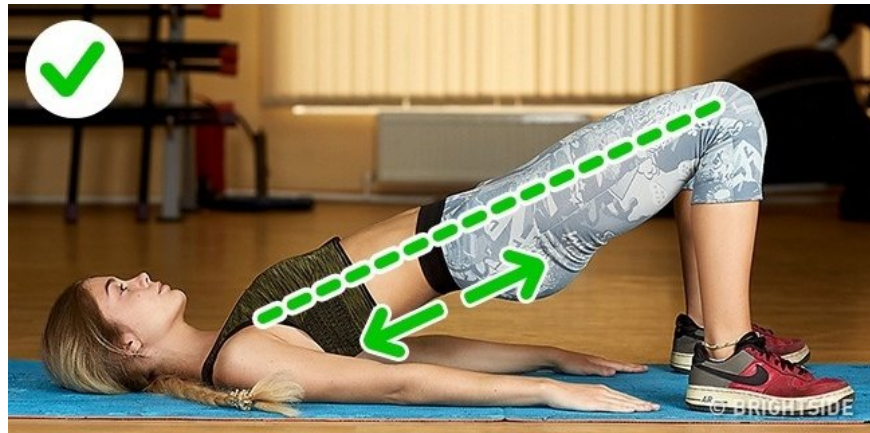
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If you want to achieve high efficiency in the bodybuilding process such as losing weight, gaining muscle, the first important thing is that the basic exercises must be done correctly. When we misbehave, we not only lose our effort but also damage our health.

Here are some recommendations on how to practice movements properly and effectively without causing health problems. Let's take a look at **15 basic errors when exercising can be harmful to health !**

## 15. Sidewalk bridge

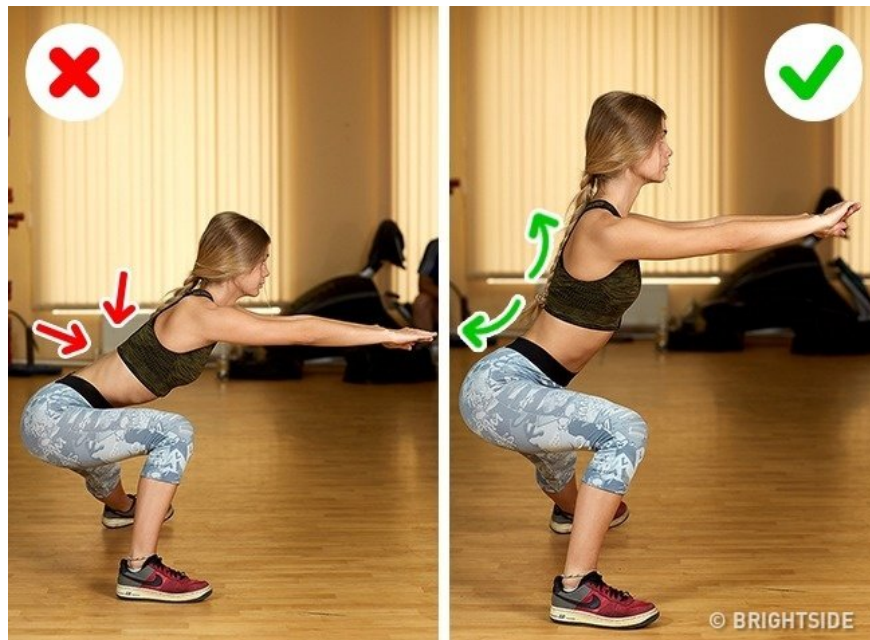




**False** : If you bend your back when performing hips, your lower back is exercised instead of buttocks.

**Right** : Bend the knee into a 90 degree right angle to the floor. Lifting the pelvis, it is important for the body to form a straight line from the shoulder to the knee. Then, squeeze the buttocks as much as possible while contracting the abdominal muscles.

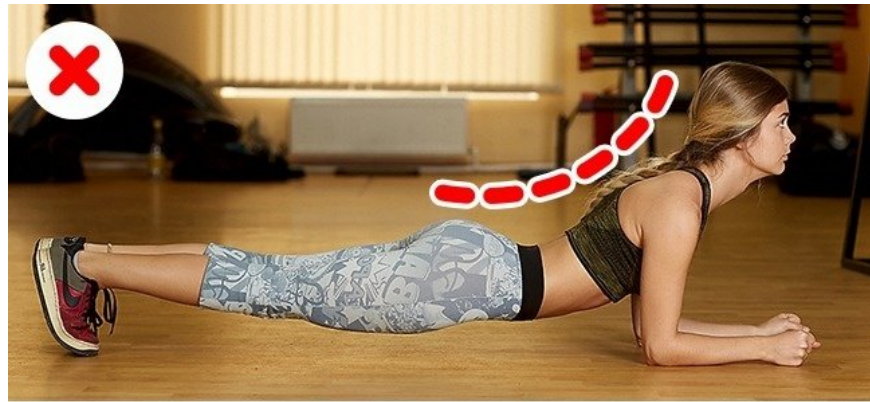
## 14. Slack of legs



**False** : If you lean too much forward, bend your knees at a big angle: your spine and knees will be overloaded.

**Right** : Keep your back flat and don't lift your pelvis. Make sure your knees are 90 degrees above the floor when squatting.

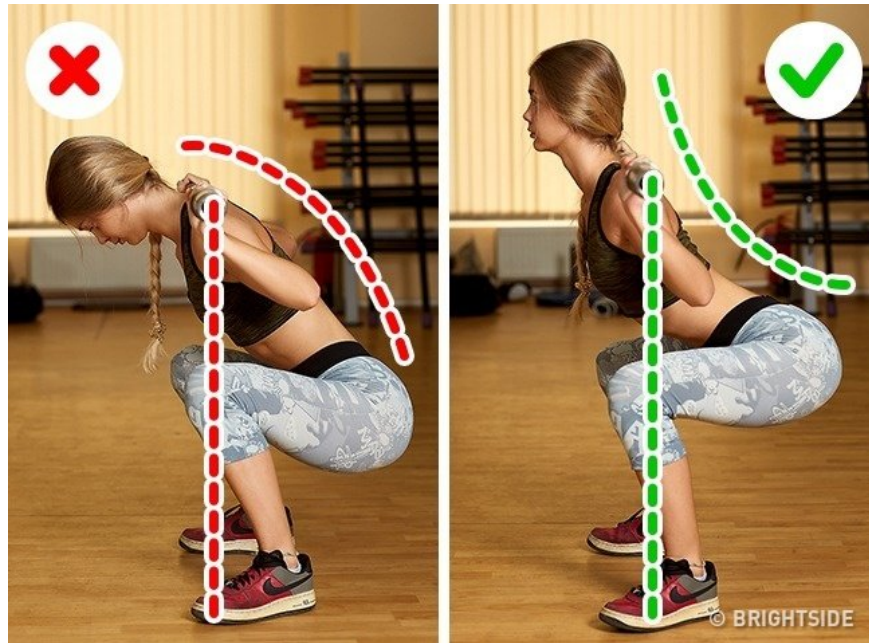
## 13. Anti-push with elbows



**False** : If you do not straighten your back when performing an elbow movement, this practice seems to be ineffective and may become useless.

**Right** : Keep the body in a straight line from the top of the head to the heel. Create an arm at a 90 degree angle to the floor and hold the neck straight ( *as shown above* ).

## 12. Squatting



**Wrong :** If the knee is over your toes, your back will be bent into a circle in it, making the back of the back of your neck and dumbbells placed on your neck. May cause neck injury or fall forward.

**Yes :** Make sure the weights are kept in place between the legs. Bend your back and don't lift your heel. Keep the thigh parallel to the floor and avoid squatting too low.

## 11. Lift the barbell correctly

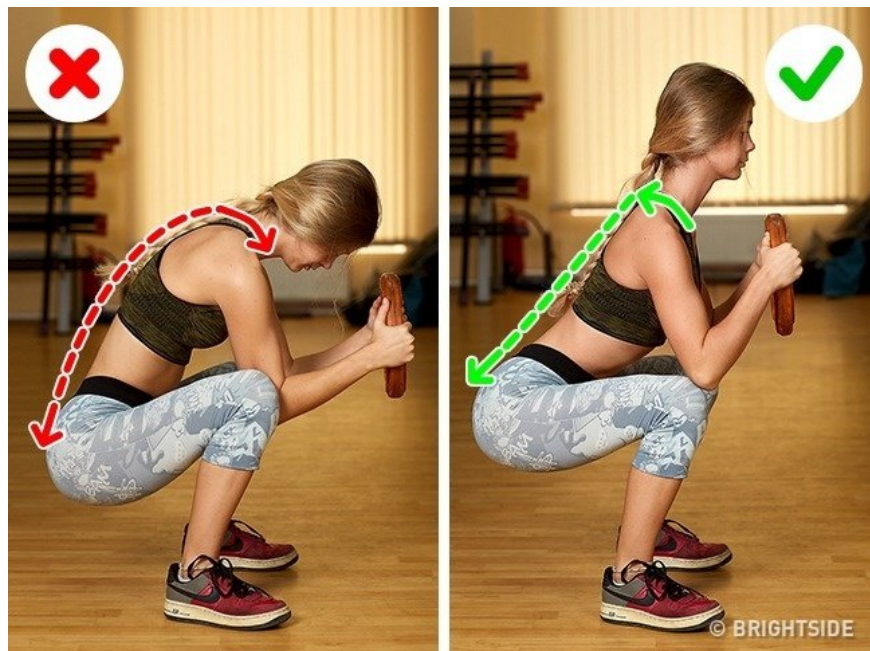




**False:** If you put a weight on your neck, it will cause serious injury to your body.

**Right :** Pull the elbow back, squeeze the arm so that the lifting point appears through muscle contraction. Put the weights on this area as low as possible as long as you can hold on.

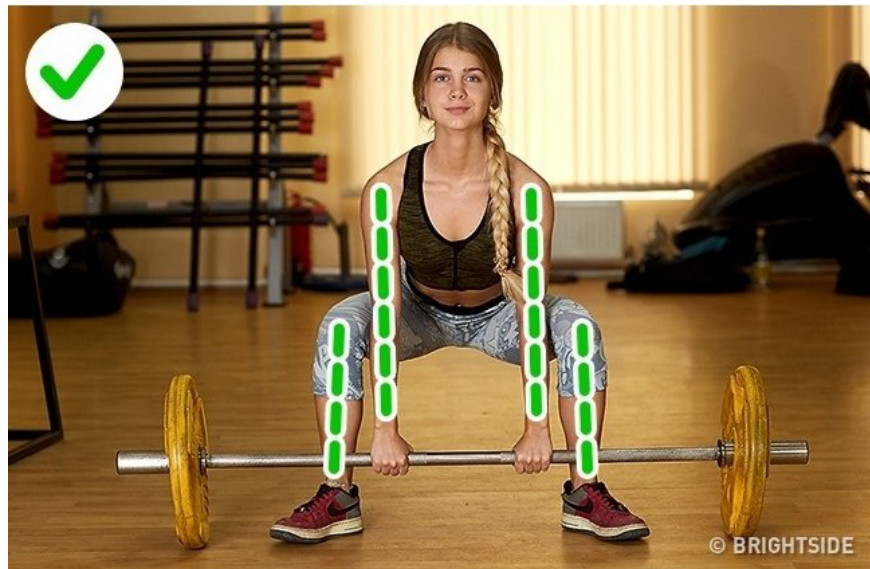
## 10. Squatting lift a dumbbell or plate



**Wrong :** Curved shoulders, back also curled. The lifting of the hips is lower than the floor, making the load larger.

**Right :** Pull your shoulders down while squeezing. Hold your back straight, slightly bent the lower hip. Thighs parallel to the floor while squatting.

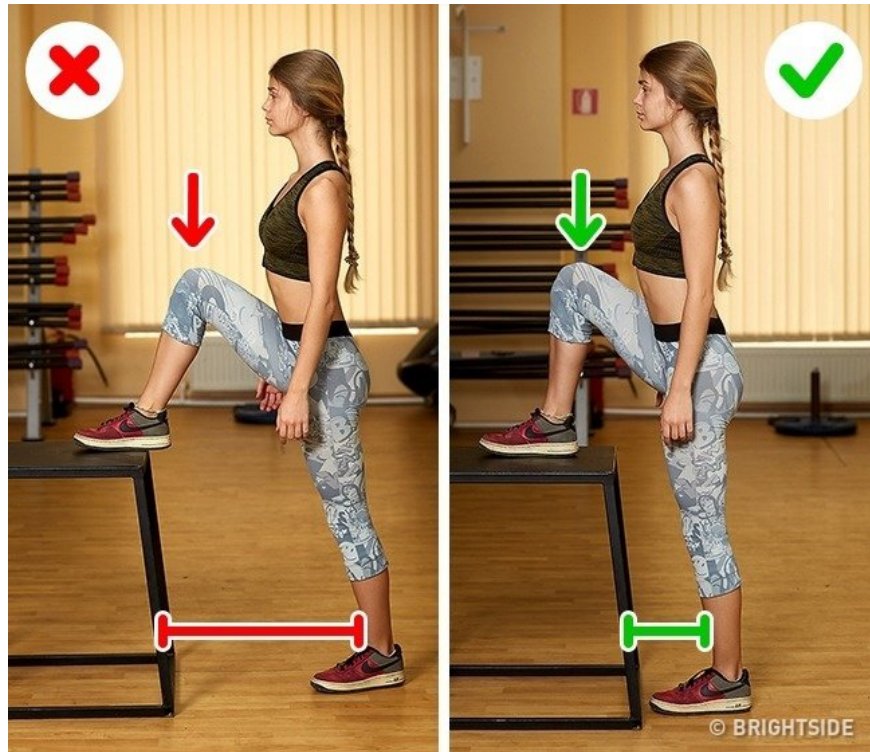
## 9. Lift the weights correctly



**False** : Non-vertical legs and arms can cause joint injuries or injuries.

**Right** : Straighten the knee, push the chest forward, the lower back arch and pull the pelvis up. Keep legs and arms perpendicular to the floor.

## 8. Step onto the podium

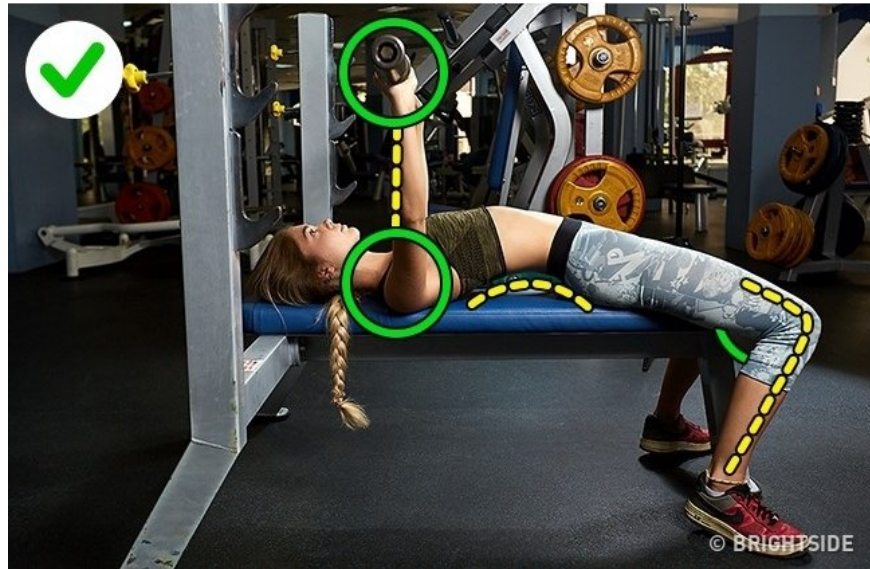


**Wrong** : When standing away from the podium the body must carry the knee instead of the leg muscles.

**Right** : The back and shoulders are straight. Collect back and stand closer to the training bench. The right leg is straight with the knee.

## 7. Push weights

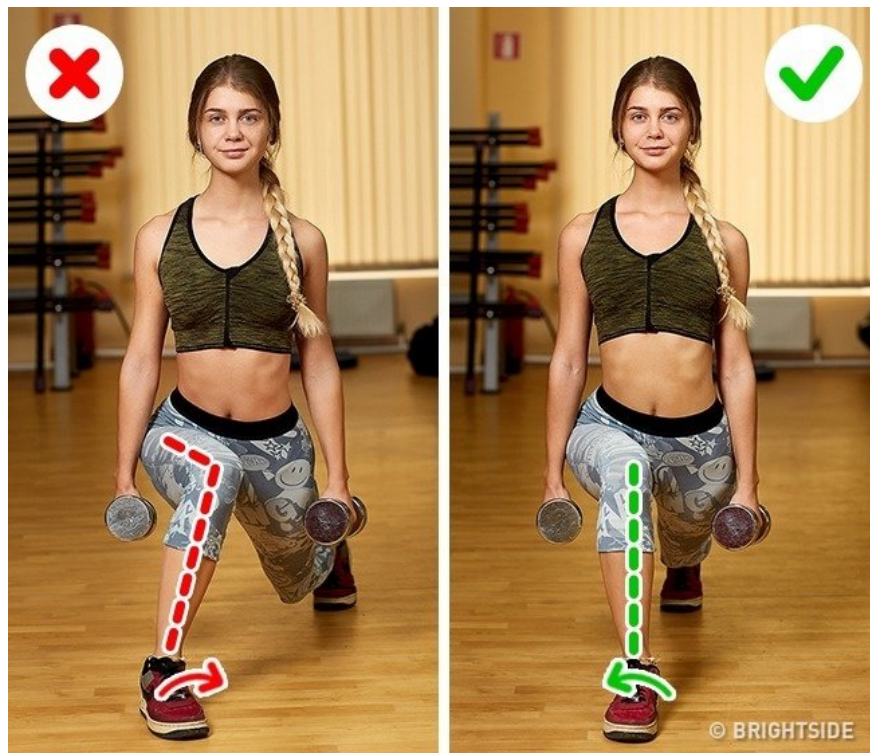




**False** : The knee is bent in a folded corner. Straight back and dumbbells are moved forward. Due to uneven load, exercises become ineffective.

**Right** : The lifting arm must be straightened. Slightly lower back arch. Bend your knees and move your feet slightly towards your hips.

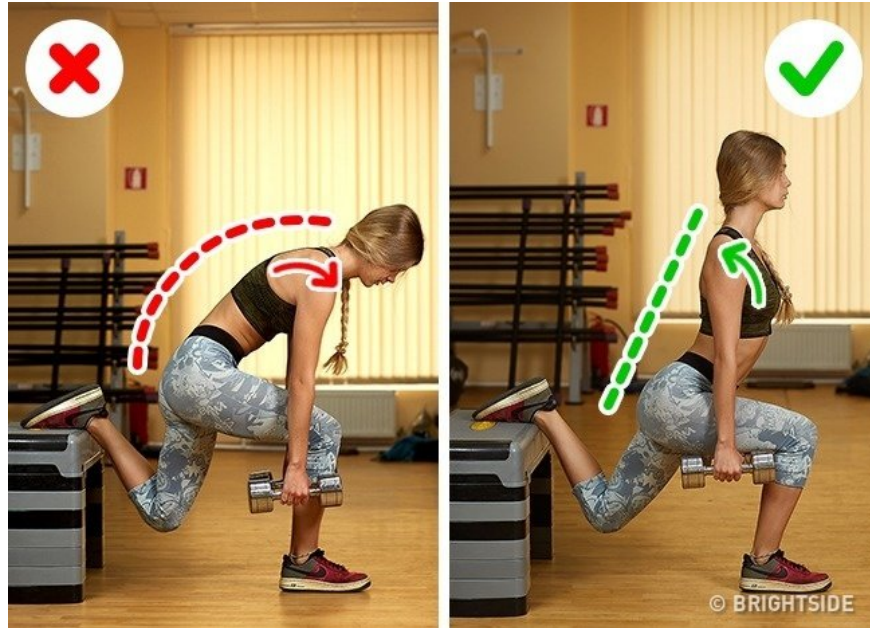
## 6. Hold the dumbbells to stand first



**False** : The knee is tilted to one side, exercising inefficiently and causing injury.

**Right** : The knees and joints of the feet must be straight at 90 degrees when facing forward.

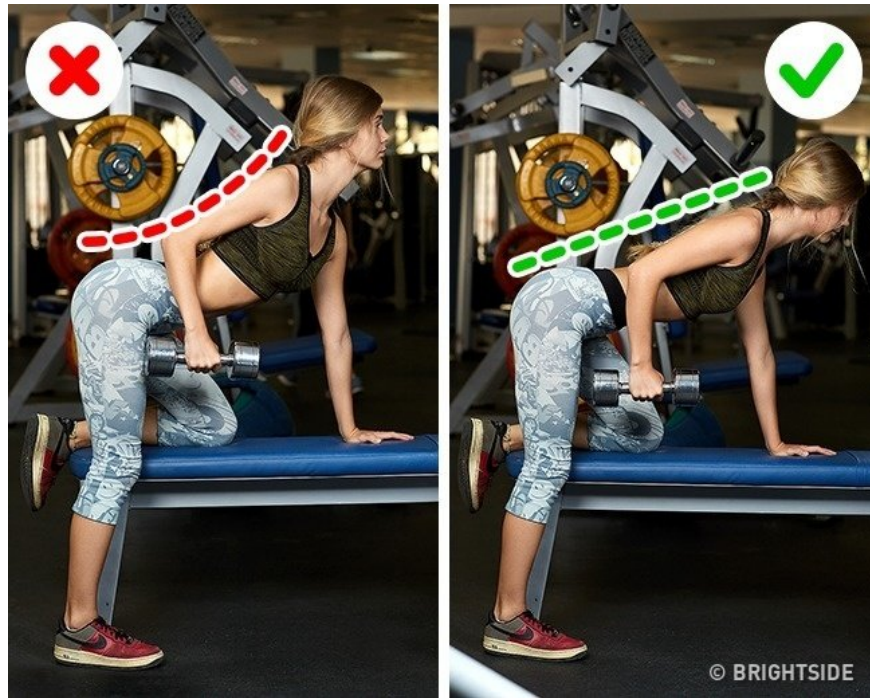
## 5. Squat one leg



**False** : The arched front forward causes the back to bend forward. Squatting posture will not be low enough.

**Right** : Pull your shoulders back, straight up. Squat so that the thigh is parallel to the floor.

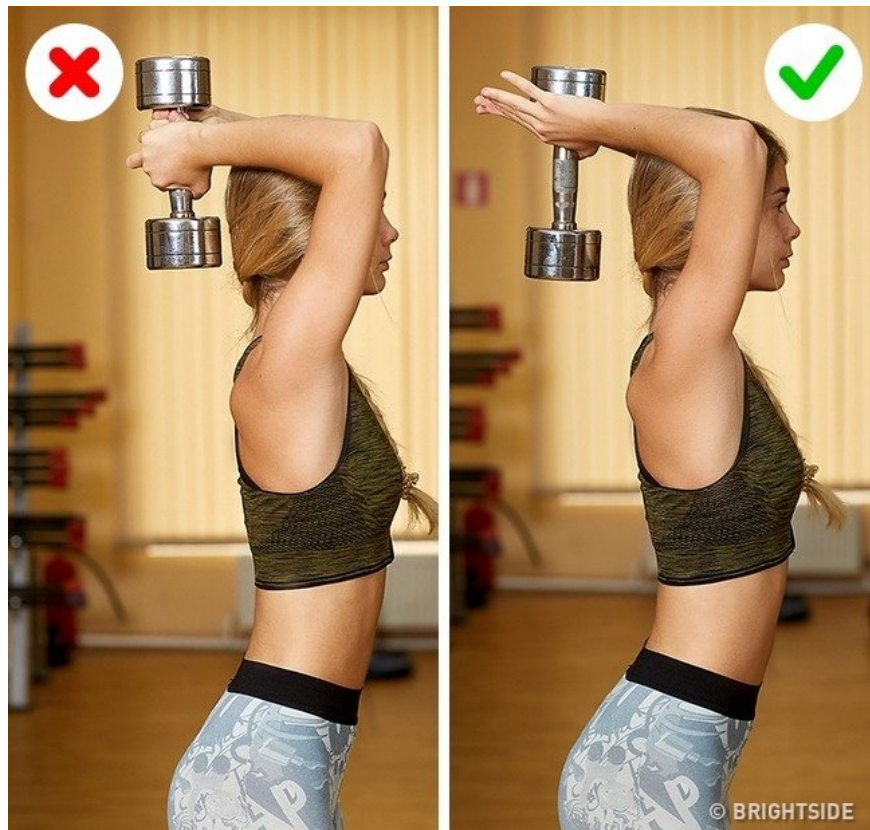
## 4. Practice your back with double weights



**Wrong :** When the head is raised, the back is bent.

**Right :** Ensure that the body forms a straight line from the top of the head to the buttock.

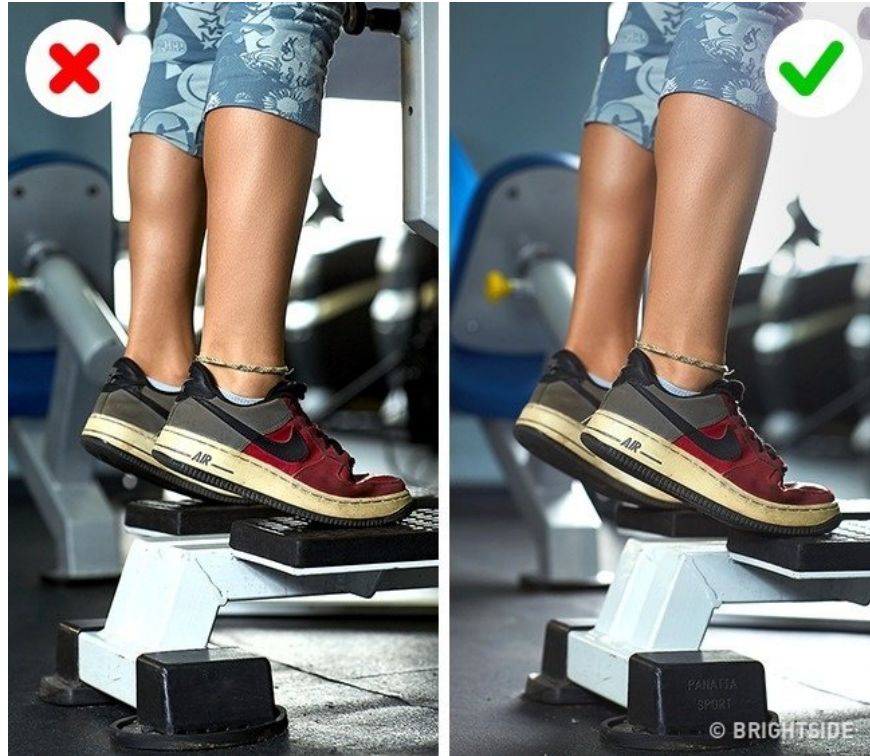
### 3. Practice the back hand



**False** : If you hold the dumbbell in the middle of your hand, your joint will be exercised instead of muscle.

**Yes** : Lift weights with both hands with the palms facing up. Hold your shoulders motionless, pulling your elbows as close to your head as possible. Lift weights over your head and slowly lower it.

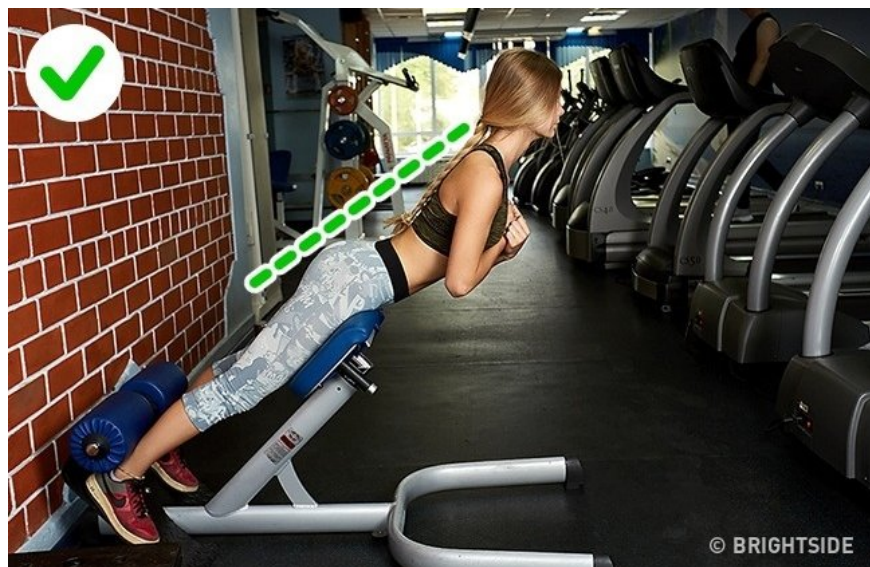
## 2. Tear the calf



**Wrong** : The half-or-nearly-feet feet will not match your shoulders.

**Right** : Stand with 1/3 of the leg on the stand to match the shoulder. Lift your heels as high as you can. Hold for a few seconds, then lower the heel to below the contact point.

## 1. Bend the lower back



**False:** The body does not form a straight line, the lower back is too curved.

**Right :** Avoid bending or bending the lower back. High horizontal hips with hips, no back bends when bent.

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Having fun!

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