

4 wrong errors that are dangerous to the common body for gyms

If not careful, these easy errors can lead to extremely dangerous injuries.

Gym today is no longer strange to us, gym is becoming a trend for those who want to exercise health and a healthy body, supple. However, many gym users do not have the right movements or have no instructors, so they often encounter errors in training. The errors in this practice not only affect the training process as well as the effectiveness of the exercise, but can also lead to extremely dangerous injuries. In the world, there have been many cases of trauma caused by wrong movements, most recently an Indian guy who has suffered a joint lock accident, causing his leg to break during the gym.

To help you avoid these basic errors, the following article will raise common mistakes that are dangerous in the gym, which will help you identify and avoid unfortunate consequences. .

1. Forget the boring belly movement, this is the movement to help you own 6-pack abs

1. False knee lock posture



When we stretch our legs, weight weights instead of putting up the muscle group that we want, it directly aligns directly on the leg joints, from which these joints will have to bear the full weight of the weight, causing As a result, such as degeneration of the knee joint, and when the weight of the weight exceeds the endurance of the pillow, the joint will be bent backwards, resulting in a broken leg. When pushing weights at the legs, we should not stretch their legs (stretching the legs), should only stop at a certain point, when you overlap your legs, you should not go too deep, leading to the phenomenon of locking your knees.

2. False posture of neck vertebrae



With this mistake we often encounter in delip gestures, when we practice this movement, we often lift weights and tilt our necks back too, this is a completely wrong posture, if you practice for a long time, it will cause your neck. ours is skewed. To correct this movement we must keep the spine as straight as possible to avoid injury from happening.

3. Lock the elbow joint



This is a common mistake and is often seen in pushes such as chest push and shoulder push. When we practice our hands, we stretch too much, which causes the weight of the dumbbells to accumulate on our elbow joints, which is not good for the joints, causing pain and joint fatigue. Therefore, when practicing this movement, when pushing the weights, you should not stretch your arms as hard as you can, we should keep your strength and bend your hands slightly.

4. Use your back to practice your abdomen



Most of us, when we practice abdominal cramps, often use our backs to practice, not the abdominal muscles, so our abdominal muscles are not practiced. And if you do this movement and bring an extra weight-weight weights, you may be prone to disc herniation or back pain. Therefore, to correct this movement and can work on the abdominal muscles, do not go too deep, and the abdominal muscles roll up and pull us up.

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