

Basic errors to avoid when doing gym

Everyone knows the benefits of the gym, but not everyone knows how to practice correctly even with basic movements. Actions such as pushing, squatting, lifting weights, sagging, ... seem simple but very easy to make mistakes while practicing.

Long time gym has become a health training movement chosen by many young people. The benefit of practicing everyone knows, training health, endurance for the practitioner and especially helps the practitioner to have a nice body and good shape.

However, many people choose to exercise but have not paid attention to how to practice properly, even with basic exercises to push, squat, lift weights, slack feet, . seemingly simple. . Minor technical errors will also affect your exercise, reducing the effectiveness of each movement. Please refer to the article below to see if you make these errors and how to practice them correctly.

1. Anti-push action (Push up):

Effect : Anti-push is a great exercise to build muscle size, strength, increase metabolism and energy for the upper part of the body.

First error: Just bend the arm



If you are unable to bend your elbows much, you will not really lower your chest to the ground. This shows that you lack strength in the muscles of your arms, shoulders and chest.

You can refer to some gym tools at META online sales channel with many diverse models, competitive prices in the market:

Error 2: Lower your hips too much



This often indicates a lack of strength in the central part of the body (the entire middle part of the body like the abdomen, hips, lower back). In order to activate these muscles, please press your abdominal muscles toward your spine. If the lower back is sore or sagging too low, it is unsatisfactory.

Correct episode:



1. Start in a high plank position, wrist straight below the shoulder, flat back.
2. Bend your arms and release your chest towards the floor.
3. Focus on the arm to bend up to 90 degrees, so the chest is only slightly above the ground and pushed up.

2. Squatting action (Squat)

Effect : Squat is the perfect exercise to firm your thighs and buttocks, but if you do not practice correctly, this exercise will become detrimental.

Error 1: Your knee pushes too far forward and your hips don't push back



Errors in the knees and hips indicate that your body has difficulty tightening the muscles in the lower part of the body and you need more flexibility so that the ligaments work properly.

Error 2: The knee pushes in while standing or lowering itself



If your knees are moving close to each other, it usually means that you need to strengthen your buttocks and hamstrings.

Correct episode:



1. Start with a parallel foot and a hip width.
2. Make sure you are upright. Extend your hands to your chest to balance.
3. Hold the center of the body and push the hips backwards, then slowly bend your knees to lower into a squat.
4. Maintain a straight, comfortable spine.

3. Dumbbell Overhead Press (Dumbbell Overhead Press)

Effect : This action has the effect of strengthening, building muscles, especially more effective for shoulder muscles in the long term.

The first error: The arm is pushed forward, not straight on the head



You don't have the right movement of your hand to bring it straight from your shoulder, instead giving it to your face. The right form of the hand movement is the right arm that is close to the ear.

Error 2: Bend your lower back too much as if you gained weight



Usually, this means that the center of your body is not strong enough to support your body, so you can't keep your hips straight with your knees.

Correct episode:



1. Hold dumbbells in 2 hands.
2. Keep your knees soft and focus on the central part of your body.
3. Raise weights high, focus on pushing your hands up, controlling your shoulders and hips.
4. For this move, select an appropriate volume and episode 8-12 times.

4. Forward Lunge movement

Effect : This is one of the movements of bone resilience, which is both good for your health and help you keep your shape.

Error 1: The step is not long enough



When you don't step far enough, you can put weight on your toes, which means adding too much pressure to your knees and hips. This also makes it harder to keep balance.

Mistake No. 2: Push your chest too far forward



Although it is possible to push the chest forward slightly (the same kind of movement as when you are walking or climbing stairs), tilting too far forward can be a sign that the buttocks and the center part body is weak.

Correct episode:



1. Stand with your legs wide at your hips and your right foot moving forward.
2. Lower yourself to allow both legs to bend 90 degrees. The upper body should be kept straight (not leaning forward or backward).
3. Hold this position for a while, then push off the right leg back to the standing position and repeat on the other leg.

If you are planning a gym from the basic exercises, please refer to the above article to get yourself the right moves, make the most of each movement. The wrong moves will make your exercise no longer effective.

Refer to the following articles:

1. Reduce the risk of office diseases thanks to 5 on-site exercises
1. 8 habits to destroy the six-pack abdomen super fast
1. 10 types of foods that help increase muscle mass for men

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