

Sheer Transformations Top 10 Technique Tips

1. Breathe

Remember breathing is essential for life- do not hold your breath. Slow controlled breathing lowers the heart rate, oxygenates the blood, fuels the body and disperses lactic acid. In easy- out hard!!

2. Activate your core

Your abs are the main stabilizers of your body. They help balance and support your back and help maintain good posture. Switch on and hold when doing any form of exercise. Pull your belly to spine or try coughing and hold.

3. Posture

Stand up straight. Relax your shoulders, roll shoulder blades back and down, pull chest up. This engages the smaller stabilizing muscles in your back and shoulders promoting great posture and preventing neck, back and shoulder pain, headaches and future back and neck problems.

4. Soft Joints

Protect your joints by always keeping a slight bend in your joints when exercising and avoid locking straight. When you keep a slight bend any load on the body (including your own body weight) is supported by your muscles, however when you lock out, the muscles relax and the entire load goes straight into your joints and is a great way to cause injury.

5. Full range

Bend your joints to 90 degrees and extend to a slight bend when training. This ensures you are working the right muscles in a safe and optimal range of movement.

6. Slow controlled movement

When strength training, keep the movement slow and controlled from start to finish. Avoid generating momentum to lift the load, ensuring safety and a focus of the load through your muscles.

7. Alignment

Make sure your arms and legs are always in perfect alignment. This protects the joints, and places the body in the optimal position to expel maximum amounts of energy. It is also the safest way to exercise.

8. Mirrors

The primary purpose for having mirrors in the studio is not to check out your guns, but to check out your form and technique. We use them to see if we have good posture, joints are in alignment, we are moving to full range and movement is controlled.

9. Challenge Yourself

If you are confident that you can maintain perfect posture, full range of movement and perfect technique then challenge yourself by increasing the intensity. Increase weight, speed (cardio) and or resistance. Progressive overload is the most effective way to increase strength and fitness, and get results.

10. Ask for help

If you are unsure at any time, ask a professional for advice and support. We are trained in the body's anatomy, physiology and specialist exercise programming. We can help you find a training regime that works for you.