

MOVE THOSE MUSCLES

Get your human chain geared up for great results

BY FITNESS EXPERT ROBERT TYNAN



HE'S FIT:
Robert Tynan

The most common question asked of every fitness expert is "what is the fastest way to get results?"

The truth is that there is no quick fix.

I believe people have to evolve gradually from the unhealthiest beast into a fitter, energetic, happier human.

The good news is that over time, small improvements can make all the difference.

One of the key ways to reduce your body weight and become more toned is simply to learn how to move properly.

If you have poor movement, you are essentially driving your car on its rims with a twisted axle.

Not only do you burn fewer calories but eventually your muscular and skeletal system will cause you pain and, in the long term, permanent damage.

The human body has a posterior (back) and anterior (front) chain.

Muscles that make up THE CHAIN are directly responsible for producing our movements.

The health of your posterior chain not only affects your athletic prowess, but your ability to move.

The muscles involved (including hip, calf and gluteal) contribute to jumping, pushing, pulling, running and even something as simple as sitting down and standing up.

Your posterior chain is literally the prime mover of forward propulsion.

Unfortunately, ensuring that you have a strong posterior chain is tricky for a number of reasons.

First, most people sit on their glutes (arses) all day, leading to quad dominance; in essence, their rear end now becomes their feet.

The glutes lose their primary role of hip stabilisation and extension.

Secondly, many people have placed too much focus on the muscles of the anterior chain (which include the abs and quads) either intentionally – as these are the 'beach and mirror muscles' – or unintentionally through incorrect programming.

My Ultimate Bodytec techniques can reconnect all the muscles in the posterior chain so they work correctly and you can enjoy your training sessions without worrying about creating bad movement habits or damaging the chain.

The opposite of your posterior chain is your anterior chain, specifically quads and hip flexors.

If you spend all your time working your anterior chain on forward dominant movements your glutes, hamstrings and supportive back muscles have to fend for themselves.

There must be electricity and activation running through this chain in order to move well.

The reality is that the posterior and anterior chains are intimately linked, so there needs to be balance between the two.

Certain exercises are vitally important to reignite your chain and get your body to respond correctly.

We need to stop paying too much attention to the muscles that we can see in the mirror.

If you concentrate on strengthening the quads, then the glutes and hamstrings will not get the support they need.

Even though both chain groups need to be treated equally, sedentary lifestyles, sitting at the desk and lack of proper exercise all affect our posterior chain more, leading to lower crossed syndrome (LCS).

In LCS, the hip flexors become overactive and the glutes become underactive.

When this happens, it results in an anterior tilt of the pelvis. Picture trying to stand straight but your bottom sticks out behind you, your hip is tilted forward and your gut protrudes out in front of you.

This is a recipe for causing acute and chronic lower back pain.

When you bend over, pick something up or stand from a seated position, you are now at a mechanical disadvantage.

It creates a "leaning tower of Pisa" effect.

You are using your hamstring muscles followed by your spine muscles and skipping over the muscles in your bottom.

Every muscle group needs to be flexible and strong enough to do its job, otherwise there will be an over-reliance on other muscles to shoulder the load in your chain.

"Don't focus on what you see"



HAMSTRINGS: You can't see them in your mirror, but they still need attention

This can contribute to chronic tightness, fatigue, stiffness and spasm episodes – not to mention the risk of injury.

There has to be balance between the muscle groups, as over-using and over-relying on just one of the chains will lead to long term problems and even injury.

The good news is, it's relatively easy to undo any damage you've already done – try the two exercises below daily to loosen muscles and you

should soon see an improvement in your posture.

Robert is the founder of ultimatebodytec.com, fitnessadventuretravel.com and bodytec.ie – this is a unique way of training that stimulates the muscles through electrodes while doing a series of low-impact exercises. This combined training leads to an additional increase of tension and gets clients highly effective training results.

TOP TWO DAILY EXERCISES TO LOOSEN YOUR CHAIN

SINGLE LEG HIP RAISE

Lie on your back with your knees bent and heels flat against the floor. Keep your feet hip-width apart.

Take one leg off the ground and straighten it completely.

Tighten your stomach and press your remaining heel into the floor, driving your hips upwards and finishing the movement by squeezing your glutes.

Return to the ground and repeat.



DOWNWARD-FACING DOG

This is a yoga pose that stretches the calves, hamstrings, glutes and muscles along the spine.

To start, come on to all fours. Place your hands under your shoulders and your knees hip-distance apart. Curl your toes under.

Lift your hips up and back, working to create a triangular shape with your body.

Relax your head in between your arms. Hold this stretch for three to five breaths. Do not use this pose if you have a shoulder or wrist injury.



FAST AND LOOSE: Daily stretches are good for your muscles