



Posture

Luke Barden, June 2014

How often do you analyse your posture?

Good posture will allow your muscles to sit correctly, and therefore your body will be in balance. There won't be any hypertension or misalignment. It will also improve your blood flow and efficiency when moving in normal life, and exercise.

To see if you have good posture, look at yourself in the mirror from a side-on view. If you can draw a straight line from just in front of your ankle, and have it run through the middle of your hips and shoulders, and go through your ear, then you should have pretty good posture.

To advance on this, you have to become more specific with what the different parts of your body are doing, and if that is what they actually should be doing.

In good posture, there should be some bracing. To clarify, that doesn't mean you should be standing and tensing a bunch of muscles. But there should be some tension in certain muscles.

Your feet should be facing straight forwards.

Your back should be flat.

Your stomach should be tight and not protruding.

Your shoulders should be externally rotated but still in a neutral position.

To stand with your arms folded, hunched over, feet pointing out will not only make working out in itself more difficult for you than it needs to be, it is not a healthy or attractive way to stand.

As I said above you should be braced. This means your abs should hold some tension in them constantly. The minimum tension to maintain a braced neutral spine is about 20% of your maximum tension. But remember as soon as you add any weight or force that will compress your spine you will need to increase the tension to solidify the trunk and avoid rounding your back.

Tensing your glutes will also allow you to tilt your pelvis easier to a horizontal position, maintaining a flat back in the lumbar area.

Maintaining this tension will probably feel strange at first, and may take some getting used to, but it is highly beneficial for all the reasons mentioned above and more, so I thoroughly recommend working on it! And remember it also applies while seated, especially at a computer! Don't have the keyboard so far forward you are slouched in your chair and then you hunch forwards to get to it. Have everything as close to you as you can, so you can sit up straight, and barely reach forwards to use what you need to use.

Until next time, keep good posture, and enjoy your training. Luke

