



Exercises You Never Knew You Were Doing Wrong...Part 1

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I have a confession to make. I am a closet gym rat. If my schedule allowed, I would be at the gym working out every day. Now I do not get there every day, but I have been there a lot over the last 10 years since becoming a therapist and strength coach. I am amazed at the things I see people do to exercise their bodies. I have thought to myself that I need to start carrying business cards to the gym with me and going up to people to say, "Here is my card, if you keep doing that exercise that way, you will need my services." So in my attempt to change the fitness world, I am providing a three-part tips series on "Exercises You Never Knew You Were Doing Wrong."

Romanian or Stiff-Leg Deadlift

The Problem:

This exercise is the one that I see done incorrectly the most at the gym. The common fault is the lower back is being rounded as the person lowers the weight toward the ground. Lowering and raising the weight with the back in a rounded position puts an enormous posterior or backward force through the vertebral discs. With enough load and/or enough repetitions, this posterior directed force will weaken and eventually herniate the discs in the lower spine.

The Solution:

The correct technique is to keep the lower back straight as the weight is lowered and raised. The movement now is through the hip joints which better strengthens the gluts and the hamstrings while putting less stress through the spine.

INCORRECT



CORRECT



Front Shoulder Raises

The Problem:

This exercise is one that I discussed in my Shoulder Savers Series previously. The common fault with this exercise is the arm position during the lift. Years ago, people in the bodybuilding community started this exercise as a way to try to target their front delts. Without doubt, the exercise does hit the front deltoid, but at the expense of impinging and creating tendinitis in their rotator cuffs.

The Solution:

So, if you must do a front shoulder raise (which is even debatable), then the correct way would be to widen the hands and turn the arms so that the thumbs are on top of the weight. This new position creates more space for the rotator cuff and eliminates the potential for impingement based tendinitis.

INCORRECT



CORRECT

