



TIP: Posture During Strength Training

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When we lift weights to build strength, our form is as important as the amount of weight we lift. Correct posture is a key component of our form.

Our head should be in line with our spine, and we should have a natural arch in our lower back. Our knees should never be locked, and our wrists should be straight and firm when we're holding weights. We should pull our shoulder blades slightly toward each other and down, while keeping our chest lifted up and out.

If we cannot steadily lift the weight while keeping our form, the weight we have chosen is too heavy. We must also be able to breathe steadily. This assures that our blood pressure remains in a normal range.

Reference: RealAge.com 2009