

In this video I explain and demonstrate the 3 common mistakes of this popular core exercise and then explain how to correct these mistakes so you not only gain core strength, but you greatly improve your overall posture!

### **Mistake #1 - Interlacing the Fingers**

**Correction #1 - Keep your hands flat and forearms parallel.** This is the first step in setting your shoulders and building a stronger posture! Why? When the hands are flat and the forearms are parallel, the shoulders blades are set in a position where they are able to work or engage towards one another, towards the spine, rather than away from one another which is the cause and appearance of poor posture. When the fingers are clamped together and interlaced, they lead to a rounding of the shoulders and upper back, leading too poor posture.

### **Mistake #2 - Don't Round the Upper Back**

**Correction #2 - Pull your shoulders down and back.** This simple movement puts the shoulders and chest in the proper position to assist in building perfect standing posture

### **Mistake #3 - Hanging in the Pose to Survive and Not Thrive**

**Correction #3 - Attack the position by being engaged.** The core is greatly affected by the hips, so instead of letting the belly sag and hang, engage the core by keeping the belly lifted and the tailbone working down towards the heels. And don't forget about the head. Keep the head lifted as well. These three simple upgrades will massively engage your core as well as greatly open the hips and improve your posture!!

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For more information on daily classes go to: <https://www.monkeybargym.com/1-2-3-s-landing-page-2/>

For more information on our specific training programs go to: <https://www.monkeybargym.com/challenge-descriptions/>

Thank you for your interest in the Monkey Bar Gym!!

Sincerely

Jonny & Jessica Hinds