

Hipopresivos exercises: methods to mark the abdomen simply and without sweating



Opt for the gym and undergo a strict diet in order to improve fitness, it is the great challenge for many people today. For a sleek look and toned body in summer is the great desire of all.

But if the load of the machines in the gym will cause severe back pain, or if you do more sit-ups do not see results in your abdomen, hipopresivos exercises may be the great solution to the time to get that desired body.

First of all you need to know that

hipopresivos exercise is a physical therapy developed in the late 80s that arose from a study about the birth of new mothers recovery post, it is what said **Franci Cohen, coach certified fitness** news portal Yahoo.

Regarding the present routine this physical method, this is exhaling expanding the rib cage, in other words, make the opposite movement we do when we breathe normally. It is assumed that the resulting negative pressure lift the diaphragm.

After exhaling, you stop breathing and involuntary contraction occurs in the area. All this would cause the abdomen to contract and expand the rib cage, it is designated by the professional.

With regard to the benefits of this type of activity, says the expert who helps considerably to women after childbirth.

"There I indicate that hipopresivos exercises are an excellent way to work abs without resistance and without causing back problems also improve sexual function and to optimize blood flow to the pelvic area," said the Spanish midfielder Sergio Chicon, certified personal trainer and instructor of boxing.

"Similarly, it is a technique that corrects posture, back pain cure and is optimally edema and swollen legs; In addition, this training method is useful for those looking to lose weight, "said the professional.

How do I practice?

The idea that when opting for this type of physical activity you lie down on your back with knees bent and feet flat on the floor. Once you get that position, place your hands on your diaphragm and inhale deeply, expanding your chest and pushing your navel to your spine; Hold this position for two seconds and then exhale slowly. To achieve effects, Sergio Chicon says you must do at least 10 to 15 repetitions.

Meanwhile, Franci Cohen in his interview to Yahoo recommended an exercise that takes place in cat stance "on all fours". Once this position is adopted, all the air inside the lungs is exhaled, then tension the abdomen and keep it that way for a period of 10-20 seconds. After doing this routine, all possible air is inhaled and begins again with the same exercise.

The specialist suggests that you can go from five to 10 minutes, and that before undergoing any type of activity in this category need to consult an expert in the area that gives you the necessary advice and so you achieve more benefit when undergoing this practice.