

Hypopressure exercises: mark the abdomen without sweating

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If the load of the equipment at the gym makes you hurt your back or whether more crunches you do, do not see any difference in your abdomen, hipopresivos exercises could be the solution for you. Also, you can perform them in the comfort of your home. We tell you more in this note.

You want some abs enviable? This could be the method for you.

What are hypopressure exercises?

It is a type of physical therapy developed in the late 80s, when the recovery postpartum women, as told studied Yahoo, **Franci Cohen, coach fitness certified**.

The exercises consist of expanding the rib cage exhale, that is, doing the opposite movement that is usually done by breathing 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, as explained Cohen.

The benefits

In addition to helping women after childbirth, experts commented him to Yahoo other possible advantages of hypopressure exercises.

- They would be a great way to work your abs without resistance and without causing discomfort in the back, Clark said Shao, specialist in weight loss in the channel fitness YouTube, Six Pack Shortcuts.
- Improve sexual function, to optimize blood flow to the pelvic area, we said Sergio Chicon, personal trainer and boxing instructor certificate, and added three more profits.
- Help correct posture and back pain cure.

- They would be functional to treat edema and swollen legs.
- Since accelerate metabolism, would be useful for those looking to lose weight.

Dare to practice them!

- Lie on your back with knees bent and feet flat on the floor, said Chicon. Place your hands on your diaphragm and inhale deeply, expanding your chest and pushing your belly button toward your spine. Hold for two seconds and then exhale slowly. Perform 10 to 15 repetitions.
- Shao, however, it recommended an exercise that is performed on all fours (on all fours). Once in position, the entire air inside the lungs is exhaled and then tightens the abdomen and held for 10-20 seconds. Then all possible air is inhaled and begins again. You can practice for about five to 10 minutes.

Remember to consult with a professional before making any changes in your exercise routine.

Franci interviews with Cohen, certified fitness trainer; Clark Shao, specialist in weight loss fitness YouTube Channel Six Pack Shortcuts and Sergio Chicon, personal trainer certificate.