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This workout, by Ashley Horner, owner of American Sled Dogs, combines three strength moves that will turn your body into a powerhouse and build a lower body of steel. The barbell heavy squat not only builds massive legs and glutes, but when done properly (with a braced core and neutral spine) is also a great core strengthener. The barbell hip thruster is hands down one of the best booty builders there is. It keeps your back and knees in a relatively safe position compared to deadlifts while targeting the glutes. The movement allows for maximal glute contraction, which means more activation and a better muscle-building stimulus to build those thick buns. Like the squat, you'll want to keep your core braced—abs flexed, ribcage down—to prevent extending at the lower back. You want to extend at the hips instead. The plate overhead walking lunge obviously attacks the legs, but it will also annihilate the core and shoulders. And you guessed it: you don't want to overextend your spine here in order to get the weight overhead. You should keep your ribcage down, abs braced, and spine in a neutral position. Otherwise you risk some lower back and shoulder strain trying to execute the move. In order to do this exercise properly, you'll have to have enough shoulder mobility to extend the weight overhead without compensating by extending your midsection. Need some tips on how to get there? Check out this article on How to Improve Your Overhead Mobility. Aside from strengthening major muscle groups, this is also a great cardiovascular exercise that will help get that heart pumping and strengthen the heart muscle, adds Horner. Directions: Perform the exercises listed below and then rest for 2 minutes. 1a. Barbell heavy squat, 6 reps 1b. Barbell hip thrust, 15 reps 1c. Plate overhead walking lunge, 15 reps per side Rest 2 minutes. That's 1 round. Perform 5 total rounds. ↪ Scroll down to continue ↪ Share Pin it Tweet Share Email Every now and then Lifehack has given you useful guides to help you maintain a healthy body, either by providing you a list of healthy foods to eat, or a chart of the best workouts you can perform everyday, and how to do them, step by step. Well, we have another one here. This graphic can assist you on grabbing the best foods to consume for specific parts of your system. That's what is unique about this guide. It will show you exactly the foods and what they contain to help each particular body part function well. This way, you have a basis every time you go by the staff from the commercial market or the grocery. This is a body-part-by-body-part guide, and the essential nutrients they need to keep running in high gear. Every one of these tips work hand in hand, so every little act must not be carefully considered. This will make sure your whole body will be perked up by your diet. Infographic Design: Violette | Published by Gourmandia Share Pin it Tweet Share Email Join our newsletter All the best features, news, tips and great deals to help you live a better life through technology Thank you for signing up to T3. You will receive a verification email shortly. There was a problem. Please refresh the page and try again. By submitting your information you agree to the Terms & Conditions (opens in new tab) and Privacy Policy (opens in new tab) and are aged 16 or over. Stretching is not only often overlooked but most people also think stretching is something performed only by athletes or runners. The truth is, we need to stretch daily whether we exercise or not. We collected the best full body stretching exercises that you can and should perform every day to feel more comfortable in your skin and alleviate pain resulting from bad posture. If your job entails long hours sitting at a desk in front of your laptop or a computer monitor, you will experience tight hamstrings in the back of the thighs. Extending the leg or straightening your knee will prove harder inhibiting walking. So we all need to stretch to protect our mobility and increase flexibility for a better quality of life. As well as stretching, you can also consider using the best massage tools and/or the best percussion massagers to ease up muscles and pain points in your body. Best Fitbit Best fitness tracker Best bathroom scale Why should you stretch There are a plethora of reasons why stretching is important other than combating stiffness, soreness and reduction in injury. Stretching also helps eliminate lactic acid which makes your muscles sore, helps blood flow back into them allowing your heart rate to return to normal and helps release endorphins as you cool down after a workout. If you suffer from back pain, stretching the hamstrings and hip flexors will help relieve it. Regular stretching improves general posture, enabling you to have toned muscles and increased flexibility. Too much stress we know isn't good for us and a good stretch especially around the neck and shoulder area will help you relieve some of it. Today's best Theragun Elite deals (opens in new tab) (opens in new tab) (opens in new tab) View (opens in new tab) (Image credit: Getty Images) Where to start When we understand the reason why we need to do something, we are far more likely to stick to it. So rather than seeing stretching as an optional afterthought, think of stretching as part of your fitness routine which will maximise the benefits of all the hard work you've put into your body. Crucial areas to stretch for mobility are your hip flexors in the pelvis, quadriceps, hamstrings and calves. Moving up the body and your neck, shoulders, arms and lower back mustn't be overlooked either. Safe stretching involves stretching a joint to the limits of your range and should never be forced. Mild soreness can occur but should not last any longer than a day or so. Beginners should maintain a stretch for 15 seconds gradually increasing this time to 45 seconds over a four-to-five-week period. Breathing is important to focus on the stretch. Inhale through the nose and exhale through the mouth throughout the stretch. This method will also help you relax. Best running shoes Best workout shoes Best yoga mat How to stretch different body parts Different stretches will benefit you in different ways so we've put together a 'how-to' guide on doing post-workout stretches for various parts of the body. Quad stretch Standing upright with feet hip-width apart lift your right heel off the ground with your right hand and draw it towards your buttocks. Keeping the pelvis in a neutral position or slightly forward, press the foot closer to the bottom and into your hands. Feel a stretch in the front thigh. Repeat on the other leg. Hamstrings stretch Standing upright put your right leg out in a stride position with the heel on the floor and the foot pointing diagonally upwards and towards your face. Shifting the weight on to the opposite leg, place your hands gently on the left thigh. With your back straight, lower your torso and feel the stretch at the back of your right hamstring. Change legs. Hip Flexors stretch Get yourself into a lunge position on the floor with the right foot forward and the left knee to the floor with the leg extended behind. Ensuring your pelvis is neutral make sure there is a 90-degree angle on your right leg. Lean into the stretch by moving your body forward and supporting yourself by placing your hands either on the floor or the front thigh avoiding the knee. You will feel a stretch along the front of the left thigh and hip. Swap sides. Standing wall calf stretch If you practice yoga, you will be familiar with the 'cat and cow' position which is a great stretch for the lower back. Start on all fours with hands under shoulders and knees under the hips. The head should be in line with the spine. This is the neutral position. From here arch the back and open the chest and tilt your head back as you lengthen the spine. After a breath or two return to the neutral position before dropping the head, rounding the back and sucking the belly in. Upper back and shoulders stretch Clasp the hands together at the front of the body palms facing towards the chest, outstretch your arms. Feel a stretch along the upper back and shoulders. Curve your upper body into a 'C' shape and while you engage the core muscles, pull the shoulder blades away from each other and slightly forward. Chest stretch Standing nice and tall interlock your hands in a clasp behind your back. Switching your palms to face the floor, draw the shoulder blades together and stick your chest out. Stay in this position for a good few breaths and try raising your arms behind you to vary the stretch. Shoulder stretch Place your right arm across your body at shoulder height and with the left hand gently push the arm towards the chest ensuring the shoulder isn't hunched. Avoid pressing at the elbow joint. Do the opposite side. In either a standing or seated position, raise your right arm above the head allowing it to drop between the shoulder blades. With the left hand, gently apply pressure on the right elbow until you feel a stretch in the tricep. Keep the palm facing inwards of the back. Swap sides.







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