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Personal Training Perth providing customized fat loss fitness training services best personal trainers in WA. Doing your exercises in your home is a good idea especially if done with the help of your favourite personal trainer, Proper personal training involves a proper physical regimen coupled with proper diet and a healthy lifestyle, Swimming, walking, running, cycling and other flexibility exercises,

The torso is an important part of the body that gives the upper portion shape and form. Also called the trunk or the core, it encases the chest, spine, abdomen and pelvis in a network of muscles running from the shoulders down to the hips. These muscles should not be neglected because they give powerful support to the torso as well as the whole body.

Many trainees give emphasis on the muscles in their abs for visual appeal and this is good. However, the other muscles that encase the whole torso, such as the muscles that brace the spine at the back, the muscles that surround the waist, the muscles that hold the sides and the muscles that envelope the hips, should not be neglected.

The merits of sturdy torso muscles

Strong torso muscles minimize back pain. Unstable and weak torso muscles are associated with lower back pain because they are unable to firmly hold the weight of the whole torso, especially the lumbar region where sensitive arteries, nerves and vertebrae are located.

Strong torso muscles enhance good posture and balance. Aside from looking and feeling good, good posture stabilizes the front, back, left, right, upper and lower portions of your body, thus ensuring a stable body equilibrium. For instance, a stooping right shoulder, or a bulging stomach or a crooked back would not only be unsightly but it would make it hard for you to walk or move around smoothly because of a lack of balance.

Strong torso muscles help prevent certain health problems like fit muscle, joint and ligament strains that can lead to extreme fatigue, joint inflammation, arthritis or other severe ailments.

Simple but doable torso exercises

Chair squat. Start this exercise by sitting on a sturdy chair. Slowly get up from the chair by leaning forward without using your hands to stand up. Do this with straight or leveled shoulders and never lean to any side in order to maintain proper balance. From your standing position, slowly sit on the chair and repeat the step several times until the desired momentum is reached.

Chair squat. Get a stable chair and begin by sitting on it. Slightly leaning your torso forward, slowly stand up from the chair without using your hands to help you. With level shoulders, avoid leaning to one side to develop good balance. Go back to sitting position and repeat 8 to 10 times in 2 sets.

Shoulder shrug. Put your hands at your sides with each hand holding a weight. Raise your shoulders up to your ears as if in a shrug while inhaling and lower them while exhaling. Do this 8 or more times in 2 sets.

Shoulder shrug. With a weight held by each hand, let your hands naturally fall at your sides. While inhaling, raise your shoulders in a shrugging manner to a position as close as possible to your ears,

then while exhaling, lower your shoulders, repeating the step several times.

In order to prevent muscle injuries, strains and pains, it is advisable to start and end your home exercises with stretches that last for not less than 5 minutes.

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