

DON'T DO THAT
EXERCISE AND
TRAINING
TECHNIQUES THAT
YOU SHOULD NOT
DO

Punching a Heavy Bag without a Braced Core or Perfect Punch Form

Abdominal Bracing:

It is one of the Keys to Training and Back Care

Bracing should be done throughout the day to tune and build a stronger base of support to your core. It can be as simple as tightening your abdomen for a 5 seconds and then repeating several times. It should be employed when lifting or doing certain activities of daily living and sports.

Simply put, abdominal bracing, happens when you contract the muscles around your spine to create a rigid midsection. When you brace there should be no movement to your spine. Your spine becomes locked and protected. Bracing protects your spine from moving in a position that can cause pain or injury. It also allows delivery of force and power from your legs to your upper body and vice versa. This is especially important when doing a sport, lifting, or manual labor. A consistent training point I make is to keep back in neutral and to brace your abdomen when doing most exercises especially when lifting.



Hitting a heavy bag is a great overall workout and it certainly a great way to let off steam. But not many people know how to hit a punching bag properly. **FIRST, IT IS AN ADVANCED EXERCISE.** I learned this the hard way. The only time I suffered horrific back pain was back in college after I hit a punching bag the wrong way where I did not brace my core and that is when I could deadlift over 600 lbs. Punching the wrong way can also injure your shoulder and skin your knuckles, sprain your wrist or even break your hand. When hitting the bag use perfect form, go easy at first, and ALWAYS wear hand protection. MAKE SURE YOU BRACE YOUR ABDOMEN AND HIT PROPERLY Perform a couple of sets of 15 second to 1 minute on and one minute off, using a recovery exercise like skipping rope or jogging in place. I would keep it to 10-20 punches in your first few workouts, while never exceeding more than 50. [See User Guide for more information on punching.](#)