CHICAGO, IL, September 20, 2013 /**24-7PressRelease**/ -- As a personal trainer, group exercise instructor, and athletic trainer,
Max Savar
is passionate about correct form and injury prevention, which is why he promotes a recent
article
in MKWeb that highlights the top ten exercises that most people perform incorrectly. The report notes that those who are keen about their fitness and who regularly exercise, know how crucial it is to get the exercises right so as to prevent injury. According to the article, "new research by sweatband.com has revealed that nearly half of all gym goers get even the most popular form of exercise wrong. A staggering 64 percent of those looking to get fit get bicep curls wrong, 61 percent can't do crunches correctly and 58 percent can't do a chest press."

Max Savar weighs in on why these statistics matter. "It should be a concern to exercisers that there are multiple common exercises out there that they may not be doing correctly," he said. "As a personal trainer, I know how important precision is, not just in terms of injury prevention, but also in terms of avoiding wasted energy. If certain exercises are performed correctly, it dramatically enhances a person's workout and their desired results."

According to the research, 942 fitness professionals from across the UK were selected for the study of exercise habits. This study prompted these fitness experts to divulge the most common types of exercises that they see being performed incorrectly. From a list of potential options, researchers compiled the top ten movements that people are getting wrong, including "bicep curls, crunches, chest presses, squats, lat-pull down, the plank, bent over rows, leg presses, leg lifts and lunges."

The most common error found on average with bicep curls was that people were trying to lift a weight too heavy for them. This took the focus of the exercise from the bicep to the shoulders. The report notes that the most common issue with crunches was that people were placing "too much strain on the neck." For chest press mistakes, which 58 percent of people were said to be guilty of, Max Savar states, "Most people fail in this exercise because they do not keep their shoulders back while squeezing the chest muscles together." He also adds that squats are commonly incorrectly performed because of inaccurate posture, which can put too much strain on the lower back and not enough emphasis on the legs.

The article notes that 55 percent of people incorrectly do lat-pull downs because "the bar should be pulled to the front of the body and to level with the chin, not behind the neck." Max Savar also asserts that people sag their bodies when doing the plank, which can place stress on the lower back instead of using their core.

ABOUT:

Max Savar is a regional membership retention specialist at the YMCA in Chicago. He has many years of experience as a personal trainer, group exercise instructor, and athletic trainer. He loves to encourage others to achieve their fitness goals, no matter their fitness or skill level. His background is in Sports Management and Business Management and he is currently earning his master's in Organizational Leadership from Gonzaga University. He created his own system for the YMCA that is a personal training marketing training system and he effectively incorporated it in his branch.