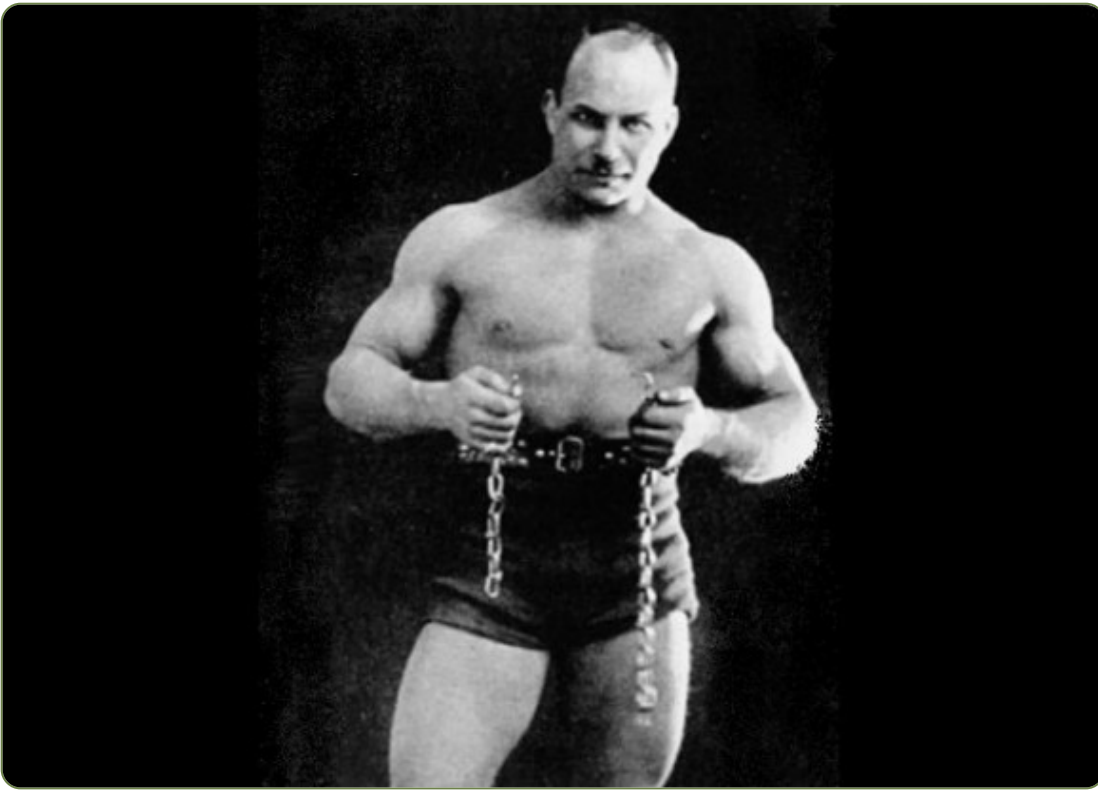


To run tendon exercises, in addition to the iron chains, you can use the following equipment: rods of metal, a thick cord, wooden sticks, etc. Walls, cupboards, heavy furniture, doorways are ideal as stationary items that you can try to move, applying maximum force. It is necessary to try to bend the metal bars to raise the doorframe, ripping chain, jamming sticks... to do with these things everything is possible. During any such exercise tense the muscles, ligaments and tendons, all the power gradually goes into a state of maximum density. And then the whole body becomes calm again. Several exercises performed in one training approach, develop and condense the power of our entire body. Perform each exercise once, or you can do it 2-3 times a day? Consensus on this issue is not, but the negative impact from several repetitions of one exercise was not observed.

BASIC RULES OF EXERCISE:

- 1) the Subject which you are training is your body. When working with circuits, you need to create a tight wave of the body, then the chain breaks itself.
- 2) throughout the exercise the breathing should be quiet.
- 3) Wave of force should seize the body, all the body needs to cram into force, it will strengthen the bond between the tendons, muscles and joints.
- 4) it is Necessary to achieve good power wave input smooth, increasing until the maximum occurs without breaks, then the same smooth output.
- 5) a Positive attitude to training, attitude is much more important than the exercise.
- 6) Action on the principle of tension-relaxation, with the power you will feel some kind of energy, it is impossible to realize.
- 7) the Interval between exercises, 30-60 seconds if you want more powerful force, it is possible to increase the break to a few minutes, with this you can experiment.
- 8) If you feel uncomfortable, mad heartbeat and difficulty breathing – stop and calm down, and when I get back to training, do not use first effort.
- 9) do Not immediately try to keep the tension for 15-20 seconds, this time need to come gradually, enough to start 5 seconds and then it will be a smooth transition to a longer voltage.
- 10) perform Daily from 5 to 8 exercises in each exercise to consistently do 3 sets, first at 60% voltage, then 90, and the third 75%.
- 11) the Full exercise should not be more than 2 times a week and take more than an hour.
- 12) And again, the main spirit, without it you can train all you want, and it will not bring result.

After strength training you can do a little test: try to stretch the chain, or a towel, hands down, the accompanying 95% effort. When you are finished, listen to the sensations of their hands, if the muscles all right, you can raise your arms first to the sides, then up. Conduct this test only 1 time per week, it will be a good indicator of the progress of your strength and quality for a week. The lack of progress means you are doing something wrong, think about what it could be. Maybe you didn't sleep, ate too much, not fully recovered from a previous workout or overdo this. And still it is necessary to determine the goal that you set for yourself before testing, if you can't stretch the shell over a minute, then be very careful with the voltages. But if you are able to do this more than 90 seconds, it's just fine, your power progress is being made.



EXERCISES WITH CIRCUITS FOR TENDONS

The original method Zass is a set of exercises with chains. If you attach handles to chains with hooks, the chain, if desired, you can lengthen or shorten. To lock the legs to the ends of the chain should attach that as the straps will hold the legs. Thus, to begin classes in the system, you will need 2 chain, the length is the distance from the floor to your outstretched hands up. In addition, you will need 2 handles for the hands and 2 loops for the feet.

Chains are sold in any hardware store. To make the handle as follows: pull the wire or cable, bent on the connection hook, 2 tube segment of about the same thickness. As for the hinges for the legs, there may come a tarp, and materials for bags and even handbags. First you need to experiment with the fabric: take the ends of the fabric in both hands, stepped on her foot and pull it up. So it is possible to estimate the thickness, width and usability of the loop.

And finally, it's time to move on to the actual exercises. Below will be described 2 compound exercises, they were collected from articles nephew Alexander Zass, Yury Shaposhnikov. The chain is always tensioned in the initial position.

FIRST SET:



1) Take the ends of the chain together. Bend your right arm and stretch it chain, a straight left hand hold the other end. Then switch hands and repeat the exercise.



2) Hand in the original position are kept at shoulder width or slightly wider than shoulders. Stretch the chain, but strain not only the muscles of the arms, and also chest muscles, and the latissimus dorsi.

width="">

3) Pull bent arms in front of chest and stretch the chain. In this exercise, you work the muscles of the arms and chest.



4) the Chain is stretched behind. The primary impact is on the triceps.



5) As in the previous exercise, drag a chain behind. But this time, in addition to triceps, tense your stomach muscles and chest.



6) Before starting the exercises you need to exhale. After exhaling bend your chest chain and secure it. Then take a deep breath, tighten your chest muscles and latissimus dorsi muscle, and stretch the chain.



7) Here we need two circuits. Need to attach a leather loop to one end of each chain, and these loops to thread the feet. The chain is stretched, wherein tense trapezius muscles and the muscles of the arms.



8) When stretching chain change hands in the original position. Tighten the triceps and deltoid muscles.



9) As in the previous exercise, change the starting position. In addition to the hands and change the position of the feet.



10) When stretching the chain, use first the right thigh, then left thigh.



11) this time, change the position of the arms, legs and torso when stretching. It is necessary to make 2 tilt to the left and right foot.



12) the Chain is stretched in the emphasis lying on the floor, tense the muscles of the shoulder girdle and triceps. The body must be in constant tension.



13) Now you need to stretch the chain in the handstand, using the muscles of the arms, back and neck. When searching for balance in the front, try the entire load is transferred to the fingers.



14) For this exercise you will need to use two loops. When stretching of the chain have to strain your neck muscles and dorsal muscles.



15) When you perform the exercise, developing the muscles of the arms and the quadriceps of the thighs, move the hands and feet.

16) As in exercise 14, we will need two loops. The main impact is on the muscles back of the thigh, they have to strain during stretching of the chain. You can add some fun exercise, and to take leg to the side when stretching. Adjust the initial position of the feet and repeat the exercise.