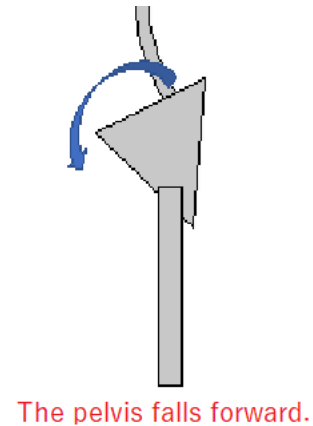
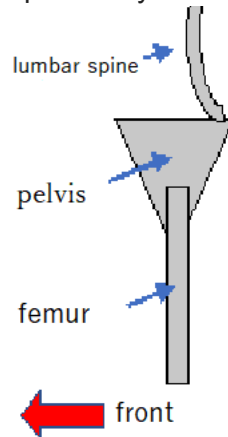
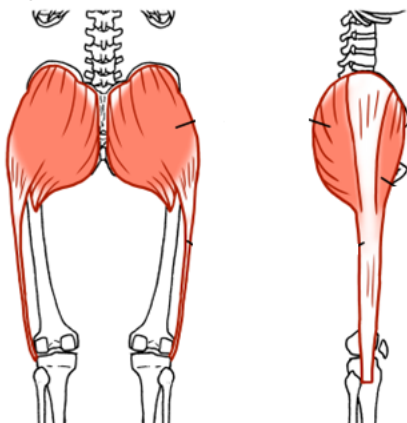


Nthawi yapitayi, ndinalankhula za momwe muyenera kutambasula mawondo anu mokwanira kuti muyime pamiyendo iwiri popanda kugwiritsa ntchito mphamvu za minofu. Momwe mungakulitsire mawondo anu popanda kugwiritsa ntchito mphamvu za minofu. Kodi n'zotheka? "Cholinga ndikugwetsa chiuno patsogolo, Kwezani mawondo anu osagwiritsa ntchito mphamvu ya minofu.



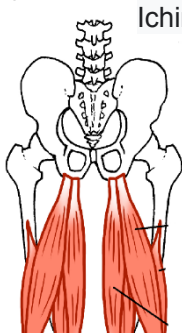
Chimachitika ndi chiyani pamene chiuno cham'chiuno chikugwera kutsogolo? Tiyeni tikumbukire. Mukayang'ana kayendetsedwe ka anthu ndi kayendetsedwe kake, ☆ Onani kusuntha kwa "fupa", osati kusuntha kwa "minofu"! Ganizirani mawu akuti "kukanika kwa minofu" m'malo mwa "mphamvu yodutsa minofu"! Mofanana ndi scapula, pelvis ilinso ndi minofu yambiri ikuluikulu ndi yaing'ono yomwe imamangiriridwa. Pano, tiyeni titenge minofu yoimira ya miyendo yapansi, "gluteus maximus" ndi "hamstrings," monga chitsanzo. "Bone" kayendedwe, mu nkhani iyi, m'chiuno kugwa patsogolo. Ganizirani za "kuvuta" mu gluteus maximus ndi hamstrings chifukwa cha kayendetsedwe kameneka.

1 gluteus maximus



Minofu ya matakho. Amadziwika ndi kukula kwake kwakukulu ndi kutulutsa kwakukulu. Imalumikizidwa ku chiuno ndipo imafikira ku fupa la tibia pansi pa bondo

2 hamstrings



Ichinso ndi minofu yodziwika bwino ya ntchafu yakumbuyo.

Kufunika kwake kwafotokozedwa m'mipikisano ndi masewera osiyanasiyana. Imamangirizidwa kumapeto kwa m'munsi mwa chiuno ndipo imadutsa pansi pa bondo kumbali zonse za fupa la tibia.

Ziribe kanthu kuti mumawerenga bukhu lotani, magulu awiri a minofu awa

amadziwitsidwa ngati minofu yomwe imapinda bondo.
Kodi ndi chonchodi?

Kumangirira kwa hamstrings kumayambira pansi pa chiuno ndipo kumathera kumbuyo kwa fupa la tibia, mbali zonse pansi pa bondo.

gluteus maximus imayambira pamwamba pa chiuno ndipo imathera kunja kwa fupa la tibia.

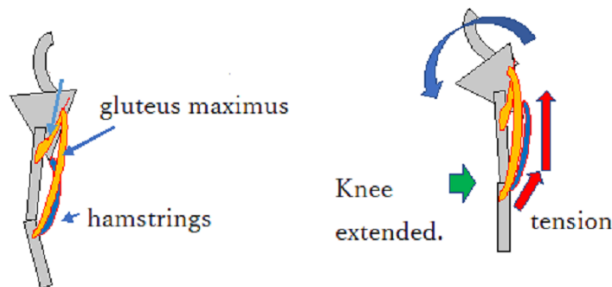
Tiyeni tiganizire movutikira m'malo mwa mphamvu yodutsa minofu.

Momwe mungadziwire kupsinjika kwa gluteus maximus ndi hamstrings ...

"Ndiko "kugogoda m'chiuno patsogolo".

Chofunika kwambiri apa ndi chakuti mapazi anu ali pansi.

Mapazi anu ali pansi, gwiritsani ntchito kulemera kwa thupi lanu kukankhira chiuno patsogolo.



Tilt your pelvis forward with your feet on the ground. → Knees extend.

Chiuno chimagwera kutsogolo.

2. Kumangirira kwa gluteus maximus ndi hamstrings kumakhala kutali, kumapangitsa kuti anthu azivutika.

3. Fupa la tibia limakokedwa kumbuyo ndi kumtunda, kukulitsa bondo.

Iyi ndi njira yomwe imatambasula bondo pokankhira chiuno kutsogolo.

Kwezani mawondo anu osagwiritsa ntchito minofu yanu.

Onse gluteus maximus ndi hamstrings ndiamati ndi akatumba omwe amapinda bondo.

Komabe ngati mapazi anu ali pansi, mawondo anu amatambasula.

Ntchito ya minofu ya anatomy idawunikidwa pamalo omwe ali pamwamba. Komabe, kayendetsedwe ka anthu kwenikweni ndikusuntha kuchokera kumadera osiyanasiyana ndi malo a miyendo, monga momwe phazi liri pansi.

Choncho, ngati muzigwiritsa ntchito kuti muzichita masewera olimbitsa thupi monga momwe zilili, padzakhala zochitika zomwe sizikugwirizana ndi kayendetsedwe kake.

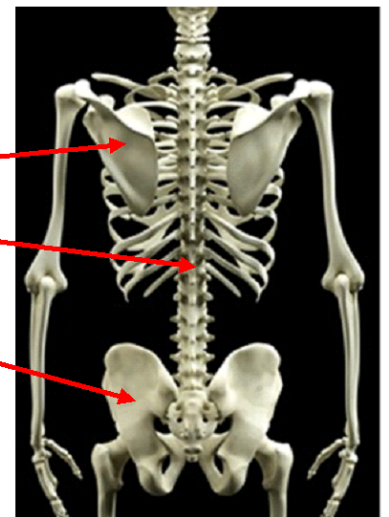
Tsopano, popendekera kutsogolo kwa chiuno, zinakhala zotheke kuwongola mawondo ndi kukhazikika chiuno chowongoka popanda kugwiritsa ntchito mphamvu ya minofu.

Nchiyani chimapangitsa chiuno kuper

☆「kutsekereza」

Mfundo ndi

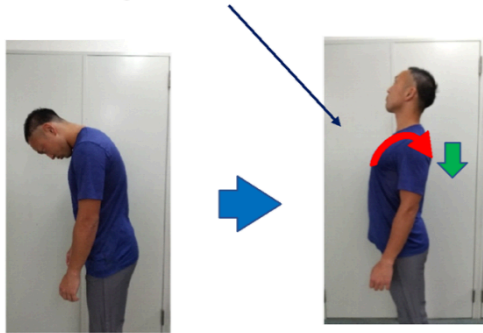
- ① scapula(shoulder blade)
- ② spine no,12(back bone)
- ③ pelvis



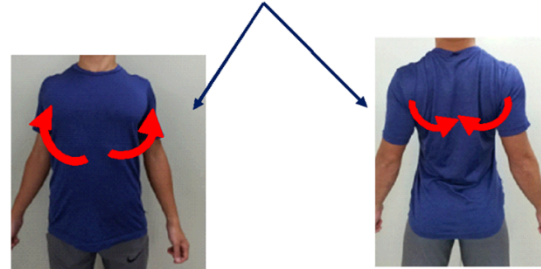
Zonse zitatuzi zikuwonetsa zomwe
「kutsekereza」

M'nkhani ya scapula, ndinayambitsa njira yomwe imatulutsa mphamvu ya serratus anterior ndi pectoralis yaying'ono ndikulimbikitsa kuyenda kwa msana no.12 mwa kusuntha scapula.

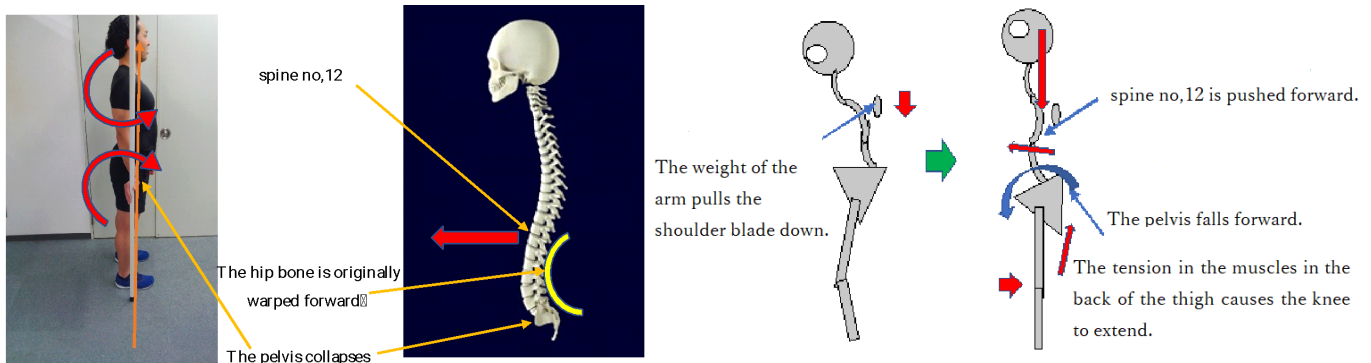
The chest is lifted by the tension of the pectoralis minor muscle.



Tension in the serratus anterior muscle expands the ribcage.



Kulemera kwa mkono → scapula kumatsitsidwa, kuthamanga kwa serratus anterior, pectoralis yaying'ono etc. → msana no, 12 imakankhidwira patsogolo. Pomaliza, ndi "msana ayi, 12 akukankhira patsogolo." zomwe zimakankhira chiuno patsogolo. Mwa kuyankhula kwina, sikufuna mphamvu ya minofu.



Ndi makina omwe ali pamwambawa, zimakhala zotheka kuthandizira thupi ndi chigoba m'malo mwa mphamvu ya minofu. Pogwiritsa ntchito kulemera kwa manja ndi thupi lanu m'malo molimbana ndi mphamvu yokoka, mutha kujambula ntchito zoyambirira za thupi lanu ndikuyimirira. On bwino. Kugwiritsa ntchito kulemera kwa manja ndi thupi lanu kumatanthauza kugwiritsa ntchito mphamvu yokoka. Pangani axis pakati pa thupi lanu pogwiritsa ntchito mphamvu yokoka yomwe imakokera thupi lanu pansi. Ndiye mukhoza kuyima osatopa ndikuwoneka wokongola. Lingaliro limeneli silimagwira ntchito kokha kumayendedwe oima, komanso mayendedwe monga kuyenda, kuthamanga, ndi kudumpha. Mwa kuyankhula kwina, ndiyo njira yofunikira kwambiri komanso yofunikira pakuwongolera masewera.

"Makhalidwe abwino" omwe ndidalankhula mu gawo lachiwiri

Maonekedwe olondola amafotokozedwa mozama monga pamwambapa.

Kodi "makhalidwe abwino" ndi "makhalidwe abwino" ndi chiyani? Pali manambala osiyanasiyana, deta, miyeso, miyezo, ndi zina. Ngakhale miyeso ya manambala ikwaniritsidwa, ngati njira za thupi ndi zolumikizirana zomwe ndalankhula mpaka pano zili zokhazikika, sizinganenedwe kukhala zolondola.

Ngakhale mutadzikakamiza kuti mugwiritse ntchito minofu yanu kuti mupange kaimidwe kogwirizana ndi miyezo, ikhoza kuwoneka bwino kunja, koma ndi chinthu chosiyana kwambiri mkati.

Ngati mukakamiza kaimidwe kanu ndi mphamvu ya minofu, mudzayenera kugwiritsa ntchito msana, mapewa, ndi miyendo yanu mosalekeza kuti muthandize thupi lanu ndi mphamvu.

Minofu yotopa komanso yolimba imayambitsa kusayenda bwino komanso mapewa olimba osatha komanso kupweteka kwam'munsi.

"Awa si maganizo abwino." Zanedwa kuti mapewa olimba, kupweteka kwa msana, ndi kupweteka kwa mawondo ndi zofooka zapangidwe za anthu omwe ali ndi bipedal. M'malo mwake, ngati tigwiritsa ntchito mphamvu yokoka kuti tigwiritse ntchito bwino mpangidwe wachilengedwe wa thupi la munthu, tingapitirize kuima ndi kuyenda popanda kukanika mbali iliyonse ya thupi.

Zomwe zili pamwambazi ndi kufotokozera kwa thupi la thupi la momwe mungayimire bwino kuchokera kumalo a anatomical.

Body conditioning Reflexer
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