

# EXERCISE

# Negatives

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- **Description**
- **Coaching Points**
- **Main Muscles Involved**

# Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

Negatives, what are they and how do you use them?

This is a way to focus on the eccentric part of the movement, which is the lowering portion of the exercise. In most cases, everyone focuses just on the pushing part of the movement.

In the case of a Press-Up, it's when we're pushing ourselves away from the floor. Clients often neglect the eccentric part of the movement as they're **lowering** themselves down to the floor. So this is a way just to focus on that part of the movement.

What I'm going to get Dom to do is come into a tall plank position as if she was going to do a press up and focus on slowly lowering herself down in about three to five seconds. Once she gets to the floor, she doesn't push herself up. She comes up to a tall plank position however she can, and then again, focus on that slow negative portion of the movement.

(To Dom) Do two more for me and really focus.

Five, six seconds ... even further if you feel that the client feels it's too easy. It's a great way to build time and attention for the exercise.

(To Dom) Excellent. And relax there, Dom.



# Main Muscles Involved

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This depends on the exercises you choose for your Negatives.

