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**ABDOMINAL DIASTASIS If you do this,
you are not going to get results.**



**IF YOU DO THIS
YOU ARE NOT GOING
TO GET RESULTS.**



ABDOMINAL DIASTASIS



Attention to detail makes the difference.

?Breathing in hypopressive training has to be costo-diaphragmatic, so as not to lose tension in the linea alba and the rest of the abdominal musculature.

?Do you agree?

? KBD Academy

#Wakeupyoufascia

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Link to Original article: <https://www.iidca.net/noticias-news/abdominal-diastasis-if-you-do-this-you-are-not-going-to-get-results?elem=313076>