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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>