

Mental Imagery Techniques



Visualization techniques have been long studied and applied in the realms of exercise science and sport, and have made their way into recreational sports and fitness. The mind is as important to train as the physical body in order to have an effective precise workout or successful performance. When practiced and performed properly, with instruction from well-versed professionals, this can be serve as the tipping point to successful fitness performance, ultimately resulting in better health and longevity.

In order for visualization to work, it is important for you to first understand the motor skills and techniques involved in the endeavor, so you can access the mental visualization state of the exact performance.

In general the techniques may but are not limited to the following example:

Step 1 – Lie down in a comfortable position, with no distractions.

Step 2 – Visualize on your breath, inhaling relaxation and exhaling tension.

Step 3 – Visualize total body relaxation, by gradually progressing upward from the toes to you head, feeling all the tension in your body melting away.

Step 4 – Now imagine yourself in your event or routine.

Step 5 – Get into the feeling of the event thru the use of all of your senses (hearing, seeing, smelling, and feeling)

Step 6 – Now imagine yourself performing (step by step) the skills involved with reverent precision.

Step 7 – Slowly bring yourself to full consciousness, and feel as though you have been there and done that.

Specialists recommend practicing this process several times per day, and for different lengths of time. They key is to draw a strong mind and body connection.

For assistance with specific techniques and scientifically proven and practiced progressions **please contact Bob Kinnison at www.athletesaudio.com**

