

Correct Standing Posture

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing position with your feet firmly planted shoulder width apart.

Movement

Imagine a string is attached to the top of your head. Straighten your back as if the string were being pulled directly up towards the ceiling. At the same time gently squeeze your shoulder blades together and slightly nod your chin backward.

Tip

There should be little movement in this exercise. Try to avoid excess tension in your shoulders and neck.

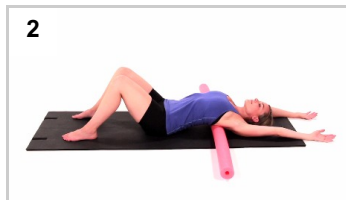
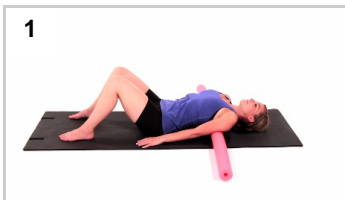
Thoracic Extension Mobilization with Noodle

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin lying with your upper back on a pool noodle and your arms straight at your sides.

Tighten your tummy so that your low back remains flat.

Movement

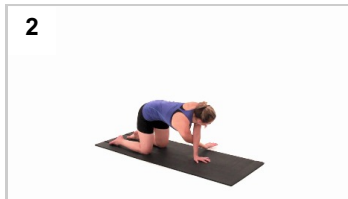
Slowly lift your arms straight up and overhead, as you let your back relax. Pause briefly, then return to the starting position and repeat.

Tip

Make sure not to let your hips rise up off the floor during the exercise.

Quadruped Full Range Thoracic Rotation with Reach

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin on all fours.

Movement

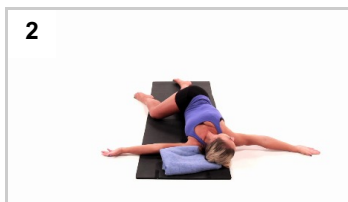
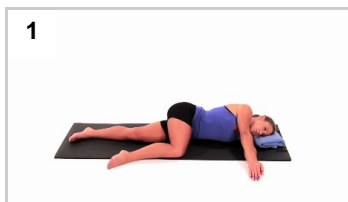
Lift one arm out to your side, then to the ceiling, rotating your trunk at the same time. Next, reach that arm all the way under your body, through your opposite arm and leg, rotating your trunk in the opposite direction. Repeat these movements.

Tip

Make sure to keep your movements smooth and controlled. Follow your arm with your head as you move.

Sidelying Open Book Thoracic Lumbar Rotation and Extension

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin lying on your side with your bottom leg straight, your top leg bent at 90 a degree angle, and your arms straight on the ground together.

Movement

Slowly move your top arm away from your other arm, toward the floor on the other side, rotating your trunk at the same time.

Tip

Make sure to keep your top leg on the floor and only go as far as you can without arching your back.

Cat-Camel to Child's Pose

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin on all fours with your arms directly under your shoulders.

Movement

Slowly round your back up toward the ceiling. Then let it sag down toward the floor, and lean your body backward toward your feet, keeping your hands on the ground. Return to the starting position and repeat.

Tip

Keep your movements slow and controlled. Make sure to use your entire back for the motion.

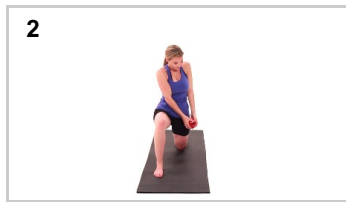
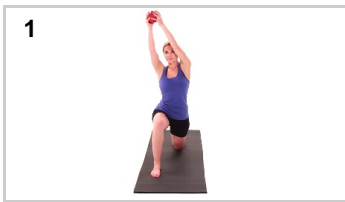
Half Kneeling Diagonal Chops with Medicine Ball - Opposite Forward Leg

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a half kneeling position, holding a medicine ball with both hands up to the same side of your body as your forward leg.

Movement

Slowly pull the ball down and across your body in a diagonal movement, rotating your trunk, then return to starting position and repeat. Watch the ball throughout the motion.

Tip

Make sure to keep your arms straight at the top and bottom of the movement, and activate your core muscles as you rotate your trunk.