

Posture & Core



Posture - Back to Wall



Stand with your head, shoulders, hips, and heels against a wall. Hold for 60 seconds, 3 times per day.

Variation for beginners: Stand with your feet slightly away from the wall, leaning back so your head, shoulders, and hips are against the wall.

Advanced variation: Stand with your head, shoulders, hips, heels, and the back of your hands against the wall.



Posture - Wall Angel



Stand with your head, shoulders, the back of your hands, hips, and heels against a wall. Slowly raise your arms until you feel a stretch throughout your back, while keeping your body against the wall.

Hold for 60 seconds, 3 times a day.



Posture - Rhomboid Strength



Start with holding the theraband out in front of you, at shoulder height. With your arms straight, pull your shoulder blades back and together, bringing the theraband out and down, to rest at your hip. Keep your arms straight and shoulder engaged throughout the movement.

Hold the end position for 5 seconds, and then repeat for 3 sets of 5 reps, 1 time per day.



Posture - Chest Opening



Stand in a doorway. Reach your right arm to the doorframe at a 45 degree angle, or just above your head, keeping your elbow straight. Take a small step forward with either leg, until you feel a gentle stretch in your upper chest. Repeat with your arm at 90 degrees, and again down at hip height.

Hold for 10 seconds in each position, 3 times per day.

Posture & Core



Seated Row



Start seated on the floor with your back straight and your legs extended in front of you. Wrap the middle of the theraband around the balls of your feet, grasping the band ends in both hands, and your arms extended in front of you. Keeping your shoulders engaged, pull the band toward your hips, focusing on bringing your shoulder blades back and together.

Repeat for 3 sets of 5 reps.



Core - Front Plank



Start with your forearms resting on the floor, elbows bent at 90 degrees and directly under your shoulders. Extend your legs straight back, resting on the toes. Your body should be in a straight line, from head to heels, core engaged. Hold for 30-60 seconds, 2 times per day.

Variation: High plank, with your arms straight, hands planted on the floor, and directly under your shoulders.



Core - Side Plank



Start on your side with your arm directly below your shoulder and hand extended in front of you for balance. Raise your hips so your body is in a straight line and core engaged.

Hold for 30 seconds, 2 times per day.