



TPW 's Upper Back Menu

#	Sets	Reps	Duration	E-cise
1	1	1	00:10:00	Static Back
2	3	10		Static Back Reverse Presses
3	3	10		Static Back Pullovers
4	1	1	0:01:00	Floor Block
5	1	1	0:02:00	Static Extension Position
6	1	1	0:01:00	Squat

Instructions:

Total time: 30 minutes.

Times a day: Once in the morning.

THE POSTURE workout

1. Static Back



Hold this E-cise for 10 min.

Instructions:

1. Lie on your back with your legs up over a block or chair so your hips and knees are at 90 degrees.
2. Place your arms out to the sides at 45 degrees from your body with palms up.
3. Relax your upper back and notice if your low back flattens to the floor evenly from left to right.
4. Hold this position as directed on your menu.

Fun Facts:

- Doesn't this feel good? Lying on your back and elevating your legs to 90 degrees allows gravity to do its job of removing rotation and/or asymmetry in your body. If you feel like one shoulder or one side of your pelvis is pushing into the ground more than the other, this is asymmetry showing up!

POSTURE workout

2. Static Back Reverse Presses



Do 3 sets. Each set consisting of 10 repetitions.

Instructions:

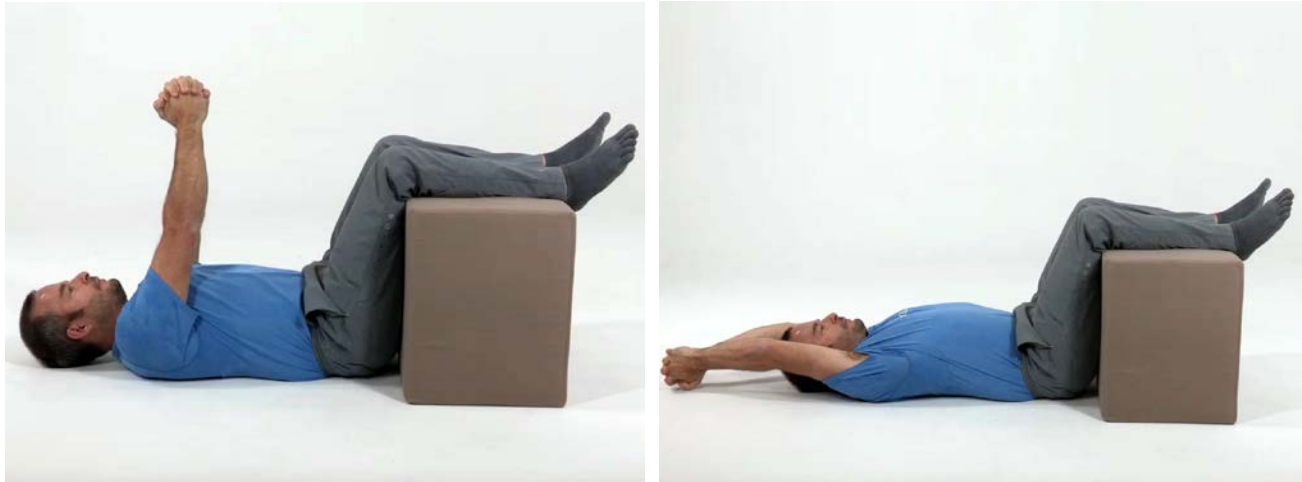
1. Lie on your back with your legs up over a block or chair.
2. Relax your legs, back and stomach.
3. Place your arms in a bent position directly out from your shoulders.
 - Bend 90 degrees at the elbows, hands are in a fist pointed up toward the ceiling.
 - Now squeeze your shoulder blades down and together and then release.
 - Try to relax your stomach muscles and do NOT try just to push your elbows into the floor - focus on the squeezing and releasing of your shoulder blade muscles.
 - Repeat as directed on your menu.

Fun Facts:

- This exercise promotes shoulder girdle stability for thoracic extension. This Static Back position creates horizontal load between shoulder and pelvis, which contributes to thoracic extension by engaging the stabilizers and flexors of the hip. This position helps prevent compensation from occurring while performing other types of muscular work.

THE POSTURE workout

3. Static Back Pullovers



Do 3 sets. Each set consisting of 10 repetitions.

Instructions:

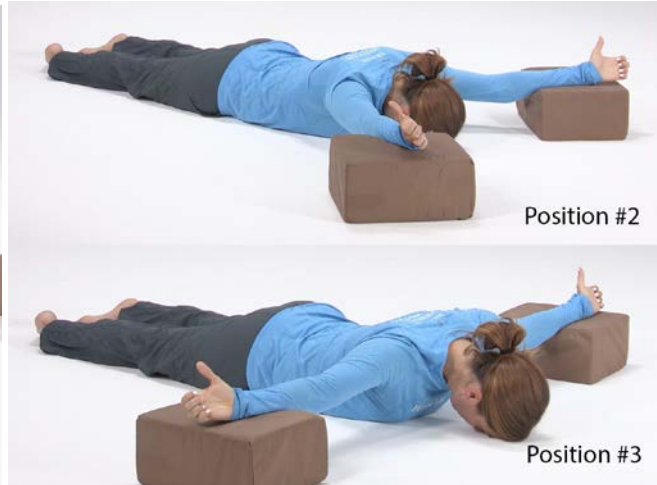
1. Lie on your back with your legs up over a large block or chair, knees bent at 90 degrees.
2. Relax your legs, lower back and stomach.
3. Reach arms straight up above your chest, elbows locked and hands clasped together.
4. Now lower your hands down to the floor above your head.
 - Do not contract your abdominal muscles, keep the stomach and lower back relaxed.
 - Do not let your arms bend at the elbow, keep them straight throughout the E-cise.
 - If you are unable to lower your hands all the way to the floor behind you, go only as low as you are able while maintaining the straight arm position.
5. Return to the starting position and repeat as directed on your menu.

Fun Facts:

- This exercise re-establishes proper glide of the scapula to promote thoracic extension. This Static Back position creates horizontal load between shoulder and pelvis, which contributes to thoracic extension by engaging the stabilizers and flexors of the hip. This position helps prevent compensation from occurring while performing other types of muscular work.

THE POSTURE workout

4. Floor Block



Hold this E-cise for 01 min.

Instructions:

1. Lie on your stomach with your forehead and nose flat on the floor.
 - The tops of your feet should be on the floor, with your big toes touching and your heels dropped out to the sides.
2. Place your forearms on 6 inch blocks directly above your shoulders.
 - If 6 inches is too high you can start with 2 inch blocks and work up to 6 inches.
3. Lock your elbows and point your thumbs to the ceiling. Curl your fingers into the golfer's grip position.
 - Golfer's Grip; As seen on the model, curl your fingers to your 1st knuckle so that your entire palm is open.
4. Rotate your thumbs away from each other with the movement coming from your shoulders.
5. Hold this position as directed on your menu or until you feel your upper back relax.
6. For the second position keep your arms on the blocks and slide the blocks out to a 45 degree angle, rotate your shoulders outward and hold as directed.
7. For the last position slide your arms and blocks out to a 90 degree angle, rotate your shoulders outward and hold as directed.
8. Do each position once for 1 minute unless otherwise noted.

Notes:

- Keep your glute muscles relaxed and allow your ankles to drop out to the sides.

Fun Facts:

- Due to an increase in sedentary lifestyle, one of the main “posture deviations” seen is a rounded upper back. This E-cise works to correct the rounding in the upper back and bring the shoulders back to remove that slumped forward look. Who wants to be humpback? No thanks!

POSTURE workout

5. Static Extension Position



Hold this E-cise for 02 min.

Instructions:

1. Start down on the floor on your hands and knees with your major joints aligned (i.e. shoulders directly above elbows and wrists, hips directly above knees).
 - Hands should be placed shoulder width apart, palms flat with fingers pointed straight ahead.
 - Arms must remain straight, elbows locked.
2. Walk your hands 4-6 inches forward and then move your upper body forward so that your shoulders are again above your wrist but now your hips are forward of your knees 4-6 inches.
3. Relax your low back allowing it to arch with the movement coming from the tilt of your pelvis.
4. Collapse your shoulder blades together and drop your head down.
 - Your shoulders should be directly above your wrist.
 - If your low back begins to hurt, back your hips up toward your knees; this will make the exercise a bit easier.
5. Hold as directed on your menu.

Fun Facts:

- This exercise promotes lumbar and thoracic extension through bilateral hip demand.

THE POSTURE workout

6. Squat



Hold this E-cise for 01 min.

Instructions:

1. Stand facing something about chest high that you can hang onto and will support your weight.
 - e.g. a door frame, a door-use the handles, a kitchen sink, a pole.
 - Your feet should be parallel and about 6 inches apart.
2. Hold onto the support with both hands at about hip level.
 - Keep your arms straight, do not bend at the elbow.
3. Place an arch into your lower back by rolling your hips forward.
4. Stick your butt out and bend your knees so that your hips/butt are at about knee level.
5. Hold as directed on your menu.

Notes:

- Keep your upper body as vertical as possible.
- Keep your knees in line with your feet.

Fun Facts:

- This exercise promotes anterior and lateral hip demand to support the spinal column (under load).