



TPW 's Wrist and Hands Menu

#	Sets	Reps	Duration	E-cise
1	1	1	00:05:00	Static Back
2	1	1	00:01:00	Standing Wall Clock
3	1	1	00:15:00	Supine Groin Stretch w/ Towels
4	1	1	00:02:00	Airbench

Instructions:

Total time: 45 minutes.

Times a day: Once in the morning.

THE POSTURE workout

1. Static Back



Hold this E-cise for 05 min.

Instructions:

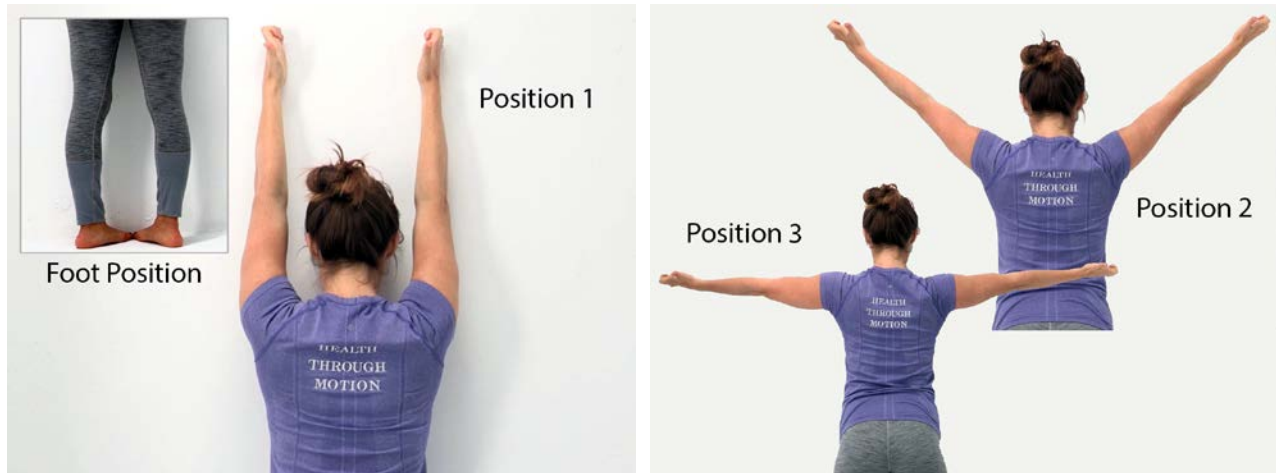
1. Lie on your back with your legs up over a block or chair so your hips and knees are at 90 degrees.
2. Place your arms out to the sides at 45 degrees from your body with palms up.
3. Relax your upper back and notice if your low back flattens to the floor evenly from left to right.
4. Hold this position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



Hold this E-cise for 01 min.

Instructions:

1. Stand facing a wall with toes pointed inward (pigeon-toed) and your forehead against the wall.
2. **Position 1:** Raise your arms directly overhead.
 - Relax your stomach to allow your hips to tilt forward.
 - Make a golfer's grip with your hands (fingers curled toward the palm, thumbs out).
 - Rotate your thumbs/arms outward from the shoulder (moving the back of your hand toward the wall).
 - Hold for 1 minute (or as directed on your menu).
3. **Position 2:** Move your hands down to 45 degrees.
 - Repeat the outward rotation with your arms from the shoulders.
 - Hold for 1 minute (or as directed on your menu).
4. **Position 3:** Move your arms down to 90 degrees (straight out from your shoulders, parallel to floor).
 - Repeat the outward rotation with your arms from the shoulders.
 - Hold for 1 minute (or as directed on your menu).
5. Repeat the entire sequence as directed on your menu.

Fun Facts:

- This exercise promotes extension throughout the body with proper alignment of the load joints.

THE POSTURE workout

3. Supine Groin Stretch w/ Towels



Hold for 15 min per leg.

Instructions:

1. Create two towel rolls, each 2" – 3" in diameter. The rolls should be firm so that they do not flatten when you lie down on them.
2. Lie on your back in the supine groin position with one leg straight on the floor and the other leg on a block or a chair with the knee bent at 90 degrees. Place one towel roll under your neck and one roll under your low back, beneath your belly button.
3. The down leg should be propped up on the outside with a heavy object. Be sure the prop is heavy enough to hold the foot from falling outward. You should relax your legs and feet in this position. Keeping the down foot propped up, so it is pointed straight up and not falling out at an angle, is essential to allow a release of the hip flexor muscles.
4. Your arms should be out to your sides at 45 degrees with palms facing up, upper body relaxed. Adjust the size of your rolls if needed. The rolls should not be so large that they cause discomfort and they should not be so small that you can't feel them at all. The rolls should be just the right size to create some supportive pressure at the neck and low back.
5. You will not feel a "stretch" necessarily while in this position. Instead you will begin to feel your body settling into the towels and the floor.
6. A way you can test your progress while in this position is to perform the thigh test. Tighten the thigh of the straight leg for a few seconds. Relax for a second and then tighten the thigh again for a few seconds. Notice where the tightest part of the contraction is. At the beginning of the 15 minutes, you will probably feel the contraction just above the knee.
7. Retest every 5 minutes until the contraction moves up your thigh, above half way, and then closer to your hip. This indicates that your quads are releasing, and so are your hip flexors!
8. After the recommended time has passed, switch sides and repeat.
9. To view a video demonstration of Supine Groin Stretch w/ Towels go to: https://youtu.be/XZOPX2_gBYI.

Fun Facts:

- Sitting for extended periods throughout the day causes a number of negative side effects to our posture, including loss of our designed spinal curves and short and tight groin muscles. This E-cise helps to reverse the negative effects caused from sitting all day. The towels help to re-educate our spine of it's natural "S" curve.

THE POSTURE workout

4. Airbench



Hold this E-cise for 02 min.

Instructions:

1. Stand with your back against a wall with feet and knees hip width apart and feet pointed straight.
2. Walk your feet away from the wall while sliding your body down at the same time.
 - You will be "seated" in an invisible chair, with your knees bent to 105 degrees.
 - Your hips are just slightly higher than your knees; your ankles are slightly ahead of your knees.
 - Your lower back should be completely flat against the wall.
 - Your arms can hang down to your sides, or rest your hands gently on your lap.
3. Hold as directed on your menu.
 - Keep the weight in your heels, do not press forward on your toes.
4. DO NOT DO THIS E-CISE IN SOCKS!
5. DO THIS EXERCISE IN ATHLETIC SHOES OR ON A YOGA MAT!

Fun Facts:

- A key component in walking is Quad strength. In this E-cise we are increasing the strength of this muscle group.