









**Posture Series Program: Foundational (Posture 1)**

<p><b>Mobility</b></p> <p>Purpose: teach tall decompressed spine with shoulder blade motions and rib cage flexibility</p> <p>Key Points: squeeze shoulder blades</p>	 <p>Kneeling board rotations left and right side of knee</p>	 <p>Seated spine flex/extend, press hands into board</p>	 <p>Back on board, wide elbows, tilt side to side</p>
<p><b>Strength</b></p> <p>Purpose: improve posture and scap movements in common activity of pushing, pulling and standing</p> <p>Key Points: keep shoulder blades squeeze in and down toward spine</p> <p>3 sets x 10 reps</p>	 <p>Push-up+, straight elbow, sink trunk toward board then push up and away</p>	 <p>1 foot back row, then stand tall, press board forward</p>	 <p>Side place Half Ball, stand tall, squeeze shoulder blades together</p>
<p><b>Endurance</b></p> <p>Purpose: improve ability to quickly change from your work clothes to your superhero suit and save the day</p> <p>Key Points: maintain tight feet, hips, spine, shoulder and head position</p> <p>4 reps x 15 second holds</p>	 <p>Front side Half Ball, superhero run with good posture and proud chest</p>	 <p>Superhero fly, squeeze shoulder blades, hold hands high behind back</p>	 <p>Superhero super stance, tall spine, press shoulder blades down</p>
<p><b>Recovery</b></p> <p>Purpose: active release tight musculature that commonly leads to poor posture</p> <p>Key Points: incorporate breathing for deeper release</p>	 <p>Spine extension</p>	 <p>Shoulder blade with arm sweeps</p>	 <p>Posterior shoulder</p>

## Posture Series Program: Advanced (Posture 2)

<p><b>Mobility</b></p> <p>Purpose: focused rib cage mobility for better breathing, position awareness and endurance</p> <p>Key Points: focus on smooth circle motions</p>	 <p>Seated hip shift left and right with tall posture</p>	 <p>Standing spine extension, flexion and circles</p>	 <p>Board rotations in circles left to right / right to left</p>
<p><b>Strength</b></p> <p>Purpose: train posture stability with weight away from body typical of single arm reaching, lifting and rotating with objects</p> <p>Key Points: single arm scap movements with opposite side stabilized</p> <p>3 sets x 10 reps</p>	 <p>1 foot hip hinge hold, single arm back fly with weight</p>	 <p>Sweep arm overhead from hip with weight, control board motion with feet</p>	 <p>Front foot on board, kneeling chop overhead to opposite hip</p>
<p><b>Endurance</b></p> <p>Purpose: stamina and body control of spine in complex full body holds</p> <p>Key Points: press feet into ground or board for greater posterior activation</p> <p>4 reps x 15 second holds</p>	 <p>1 foot backward lean, hold board overhead or behind body</p>	 <p>Lift leg and reach with opposite hand, press into ground and hold</p>	 <p>Crab with feet on board edge, hands behind body, lift hips off board</p>
<p><b>Recovery</b></p> <p>Purpose: active release tight musculature that commonly leads to poor posture</p> <p>Key Points: incorporate breathing for deeper release</p>	 <p>Spine extension</p>	 <p>Shoulder blade with arm sweeps</p>	 <p>Posterior shoulder</p>