





Complete As Tolerated

You should always consult your physician or other healthcare provider before changing your diet or starting an exercise program.

1. Thoracic Extension (Chair)

Sets: 2 | Reps: 5 | Hold: 10 Seconds

Preparation:

- Sitting with good posture
- Cross your arms over your chest
- The chair should have a firm and straight back support lower than your shoulders



Sit up straight



Arch upper back



Variation -
Arms behind
neck

Execution:

- Arch your upper back over the back of the chair
- Movement should not occur at the lower back



Arch upper back



2. Trunk Rotation

Sets: 2 | Reps: 5 | Hold: 10 Seconds

Preparation:

- Sit on a chair or a ball with good posture
- Arms crossed on chest

Execution:

- Twist to look behind you
- Now twist the other way



Sit on a chair with good posture



Twist to look behind you



Now twist the other way

3. Scapular Retraction

Sets: 2 | Reps: 5 | Hold: 10 Seconds

Preparation:

- Sit
- Shoulders relaxed

Execution:

- Pull shoulder blades back and down
- Don't hunch your shoulders



Start position



Pull shoulder blades back and down



4. Good Mornings (Chair)

Sets: 2 | Reps: 5

Preparation:

- Sit with good posture with your arms crossed on your chest

Execution:

- Hinge at the hips, and bend forward
- Keep your back straight as you lower



Sit with good posture with your arms crossed on your chest



Hinge at the hips and bend forward, keeping your back straight

5. Squat | Proper Alignment

Sets: 2 | Reps: 5

Tips to Remember:

When going from sit to stand, squatting, jumping **avoid**:

- Knees falling inwards
- Rounded lower back
- Bending forward excessively at the trunk and ankles



Incorrect knee alignment



Correct alignment - front view



Incorrect back



Correct alignment - side view