

POSTURE JUMPSTART

A VERY BASIC APPROACH TO CREATING SOME POSTURAL SHIFTS AND BEGIN TO LAY THE FOUNDATION FOR GREAT CHANGES...GOOD LUCK!

WATCH INTRO FIRST!



1

BASELINES

Let me just give you a nice M190 welcome, while we lay down some goals and expectations of this restart. We will also set some starting standards to help you see some progress over the next few weeks



2

MYOFASCIAL RELEASE

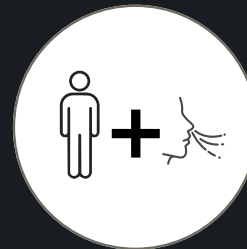
Like getting a few, slightly painful massages, except they are self-administered and they will truly unlock some extra movement for you and create more workable tissues



3

STAND & BREATHE

Just trying to lay down some more functional groundwork to plug all of your work into, and begin to integrate that thing we do all day every day - breathe



4

CORRECTIVE EXERCISES

- A) DEADBUG+
- B) WALL PRAYER
- C) SUPER EXTENSIONS

These are your exercises that are going to make the magic happen. I suggest to you to be very present and mindful in all your work, strive to get to know your body on a new level, and be in no rush. You will likely recognize a couple of these..just with an added twist..Good luck!



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