

# Posture Correction Guide

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by Coach Sako





## Back Extension Gentle

- 1.Face down on a bed or floor and rest on your forearms.
- 2.Allow your back to arch gently.
- 3.Hold for up to two minutes (start with less).
- 4.Inhale as you gently lift your head and chest, increasing the arch.
- 5.Exhale, lowering head and chest, reducing the arch.
- 6.Repeat 5-10 times, moving smoothly with your breath.

Feel a gentle stretch along your spine as you move. Your chest should feel like it is opening and lengthening. You should also feel a gentle engagement in your abdomen as you lift your head and chest. If you want to progress, you can move to a Back Extension Medium:



## Back Extension Medium

- 1.Face down on a bed or floor.
- 2.Extend arms so elbows are under shoulders, palms flat.
- 3.Gently lift your head, looking straight ahead.
- 4.Hold for up to two minutes (start with less).
- 5.Inhale as you gently lift your head and chest higher, increasing the arch.
- 6.Lower head and chest, reducing the arch.
- 7.Repeat 5-10 times, moving smoothly with your breath.

Feel a deeper stretch along your spine as you lift your head and chest. This movement will further open and lengthen your chest, and you should feel your abdominal muscles working harder to support the lift.



## Lying Extension Swiss Ball

1. Sit on the ball and roll forward until the upper back is supported and the feet are flat.
  2. Relax back over the ball, arms by sides. Hold 30 seconds.
  3. Raise your arms overhead for a stronger stretch.
- Feel a comfortable stretch along your spine, particularly in your mid and upper back. As you relax into the position, you'll notice your chest opening up and your shoulders gently pulling back. If you raise your arms overhead, the stretch will intensify.





## Seated Scapular Retractions

1. Feet flat on the floor, back straight, abs engaged.
2. Slowly pull the shoulder blades back and down, like pinching them together. Keep your arms relaxed.
3. Hold the squeeze for 2-3 seconds.
4. Slowly return to the starting position.
5. Repeat 10-15 reps for 2-3 sets.

Feel a tight squeeze between your shoulder blades & a slight stretch in your chest as your shoulders move back and away from your ears.



## Sitting Extension

1. Hands behind the neck.
2. Slightly round lower back.
3. Slowly bend backward, focusing on the upper back.
4. Repeat 20 times.

Feel a warm, melting tension in your upper back as you stretch.

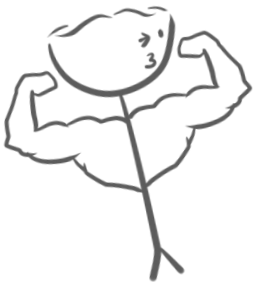




## Thoracic Extension Using Chair

1. Kneel by a chair, elbows on the seat, above the head.
2. Slowly arch your back, extending your spine.
3. Hold the stretch for up to 1 minute.
4. Repeat 3 times.

Feel a comfortable stretch in your upper back as you arch. You should feel your chest opening up and your shoulders gently pulling back.







# DYNAMIC & STRENGTHENING

## 2-WEEK ROUTINE

BY COACH SAKO

HUMAN FREQUENCY



# DYNAMIC & STRENGTHENING

## 2-WEEK ROUTINE

### Week 1



SUNDAY: Rate your back or shoulder discomfort from 1 (least) to 10 (worst).



MONDAY: 2-Mins Back Extension Gentle



TUESDAY: 2-Mins Lying Extension Swiss Ball



WEDNESDAY: 5-mins Back Extension & Lying Extension!



THURSDAY: 2 to 3 sets of Seated Scapula Retraction



FRIDAY: Repeat 2-min Arm Raises for 5 times across the day!



SATURDAY: Apply all dynamic & strengthening exercises you tried this week!



### Week 2



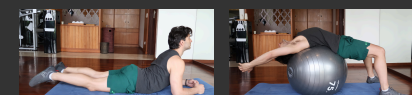
SUNDAY: 2-Mins Back Extension Medium



MONDAY: 2-Mins Lying Extension Swiss Ball



TUESDAY: 5-Mins Back Extension Medium + Lying Extension Swiss Ball



WEDNESDAY: Back Extension Medium, Lying Extension medium + 10 Seated Scapula Retraction across the day!



THURSDAY: Sitting Extension 20 times.



FRIDAY: 30 Sec Thoracic Extension, Repeat 3 times.



SATURDAY: Apply all dynamic & strengthening exercises & rate your discomfort from 1 (least) to 10 (worst).

