

Standing Posture Reset

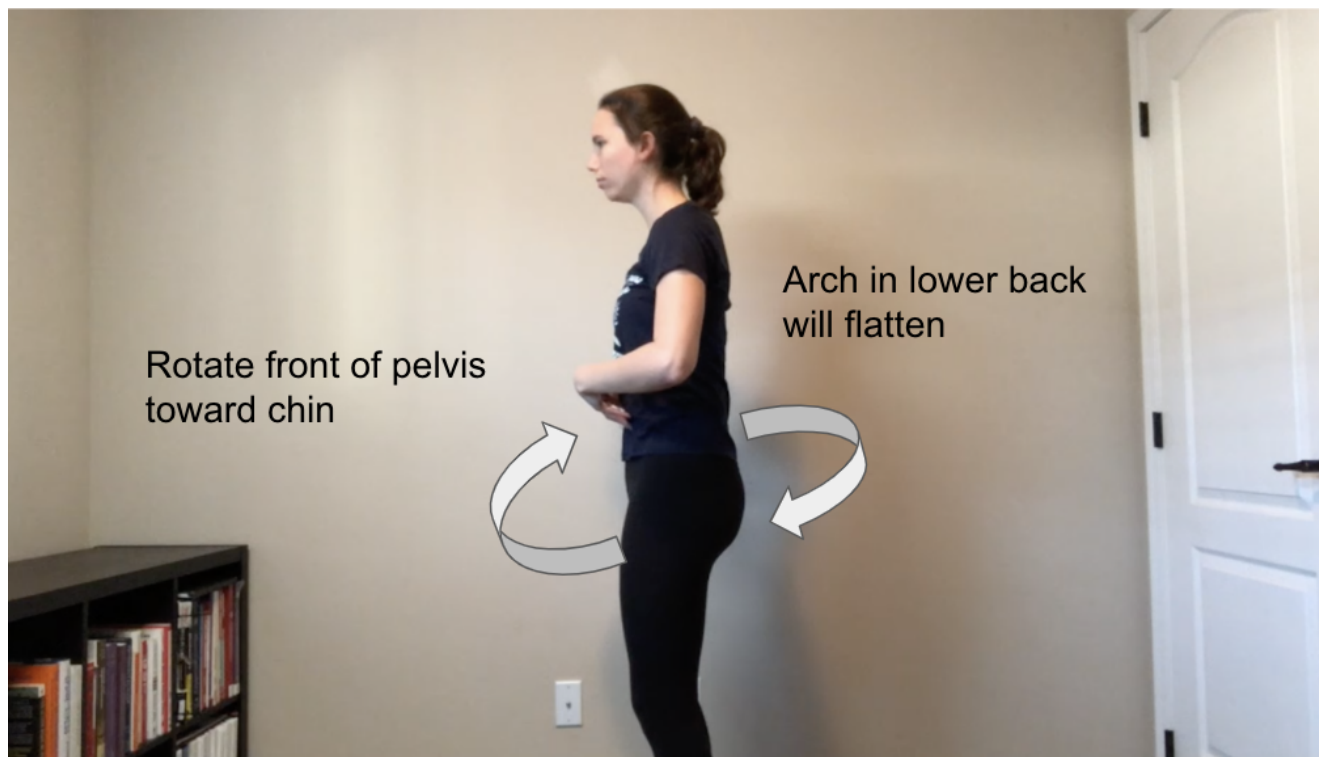
A guide to the posture reset

Here are a few tips to guide your posture reset. These exercises are a quick way to alter your position throughout the day!

STEP 1:

Posterior Pelvic Tilt:

A posterior pelvic tilt can help to relieve tension in your lower back. To perform this movement, think about curling the front of your pelvis toward your head. This will lessen the arch in your lower back.



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STEP 2:

Scapular Retraction:

This is a great way to relieve tension in the pectoral muscles. Think about squeezing your shoulder blades together. Imagine there is a \$100 bill between them and you want to hold onto it.



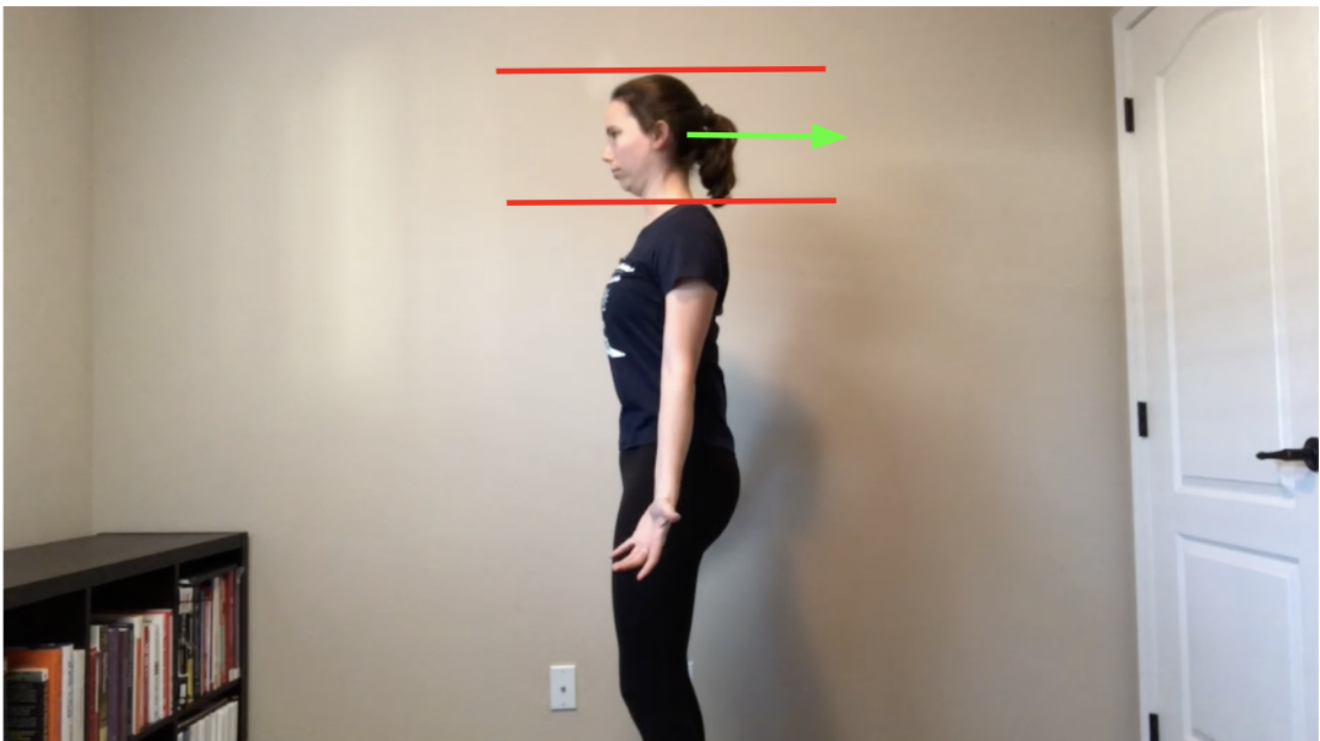
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Step 3:

Cervical Retraction:

A chin tuck is a great way to change the forward head position we get into throughout the day. To perform a chin tuck keep the crown of your head and chin parallel with the floor and draw your chin and head straight back. If you see a double chin you're on the right track.



Tip: When performing these movements you should feel your muscles working but not straining to achieve the position. Posture is fluid and should change multiple times throughout your day. These movements can add variety to your posture, no need to hold them or strain when doing them.