

WORKOUT

Without machines

IMPROVE YOUR POSTURE

POSTURE EXERCISES

Exercises and tips to help relieve muscle tension caused by poor sitting and standing habits.

The best way to improve your posture is to focus on exercises that strengthen your core—the abdominal and lower back muscles that connect to the spine and pelvis. All these exercises and stretches target the muscles directly responsible for the problem of rounded shoulders. Make these posture-improving exercises a regular part of your routine and try to do them at least 2-3 times per week.

What is posture?

Posture is the position in which you hold your body while standing, sitting, or lying down.

There are two types of postures:

- Dynamic posture is how you hold yourself when you are moving, such as when you are walking, running, or bending to pick something up.
- Static posture is how you hold yourself when you are not moving, such as when you are sitting, standing, or sleeping.

Postural dysfunction (poor posture) occurs when the spine is in unnatural positions for prolonged periods, usually as a result of a person's daily activities.

Ideal posture is the situation where stress and tension are minimized, and the body works with maximum efficiency.

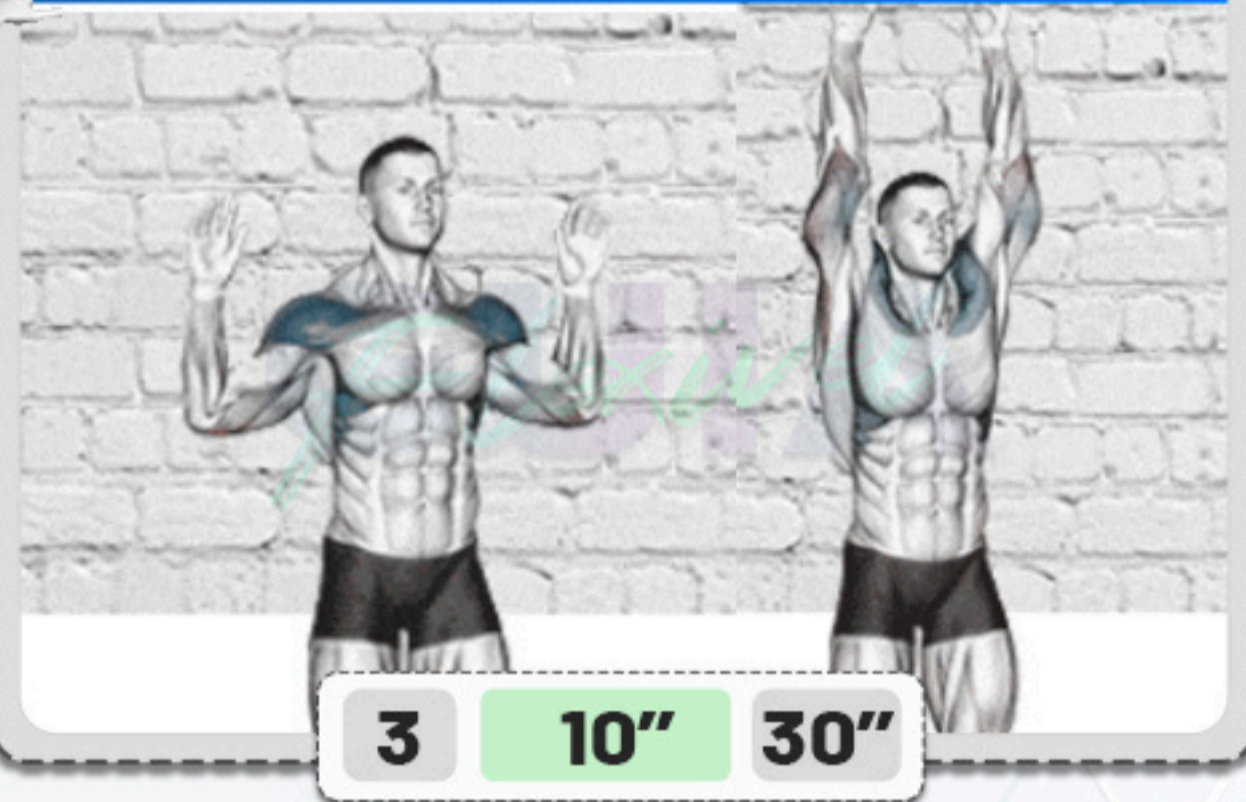


IMPROVE YOUR POSTURE

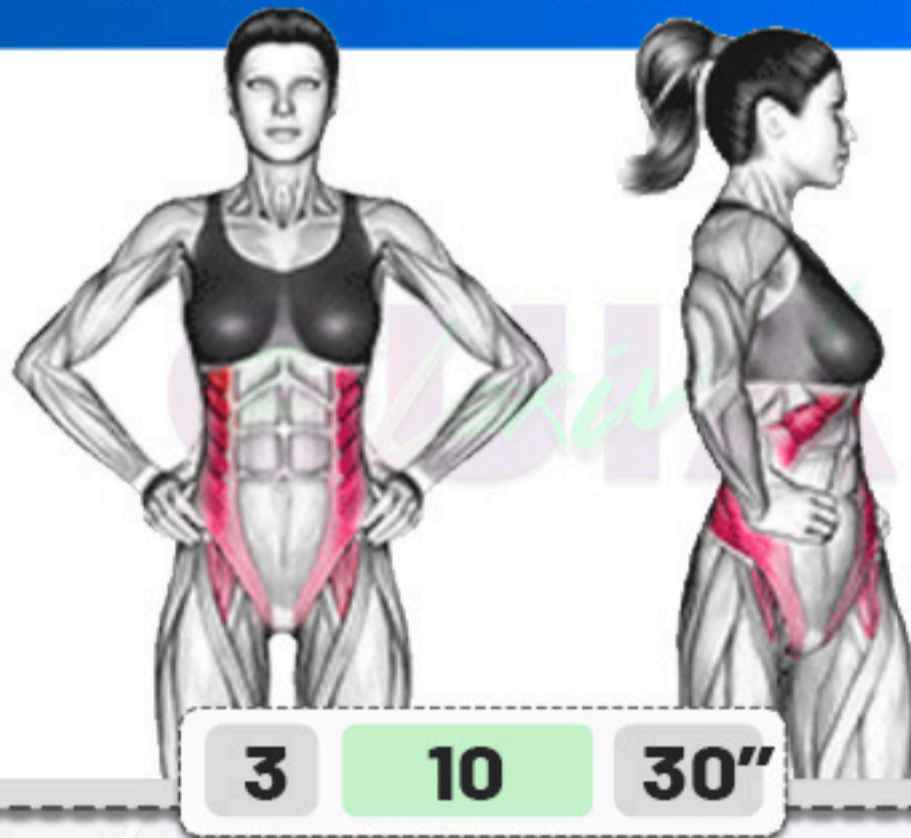
ARM CIRCLES



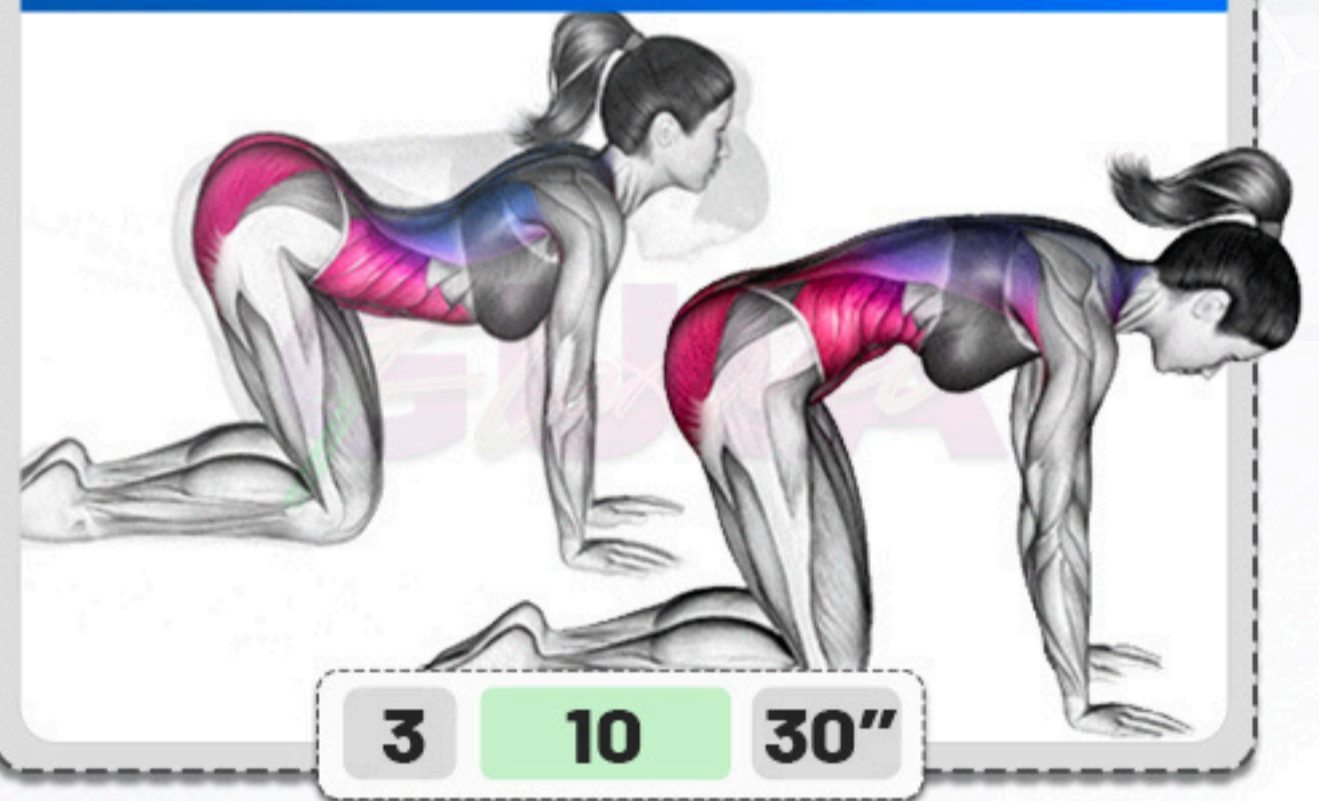
WALL SLIDES



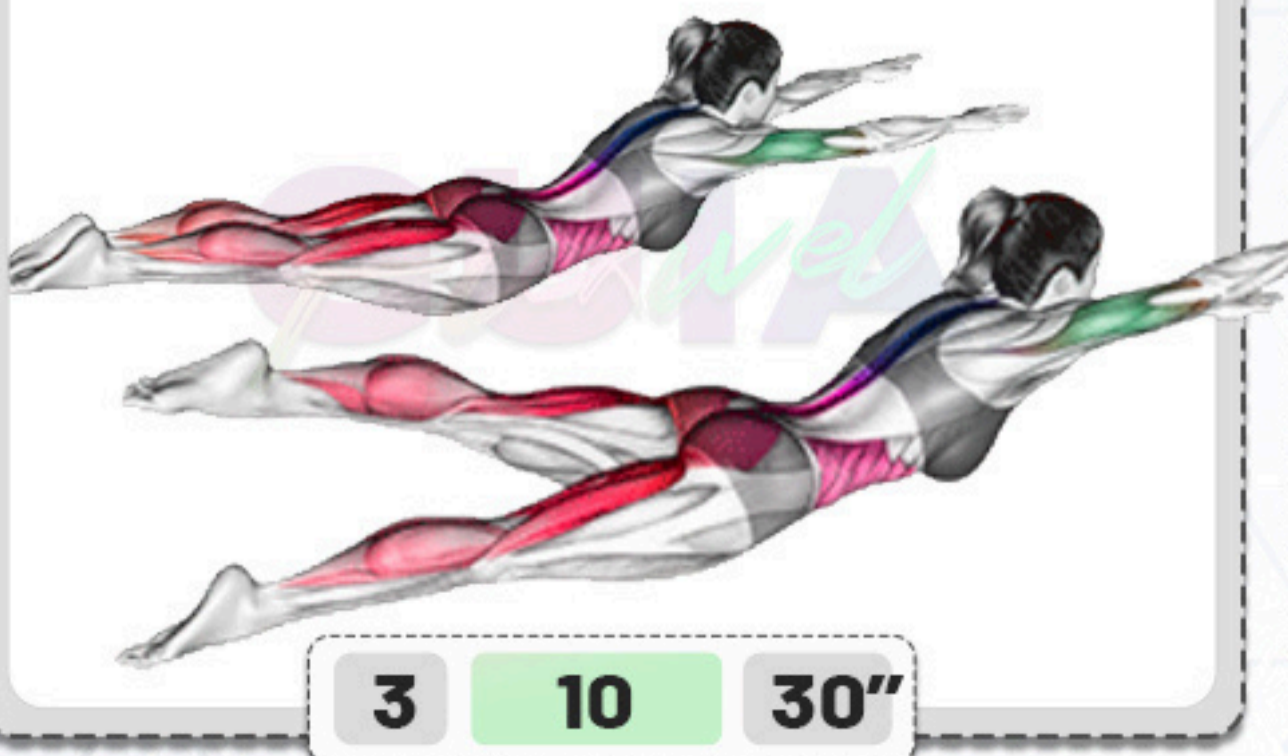
STANDING ROTATION



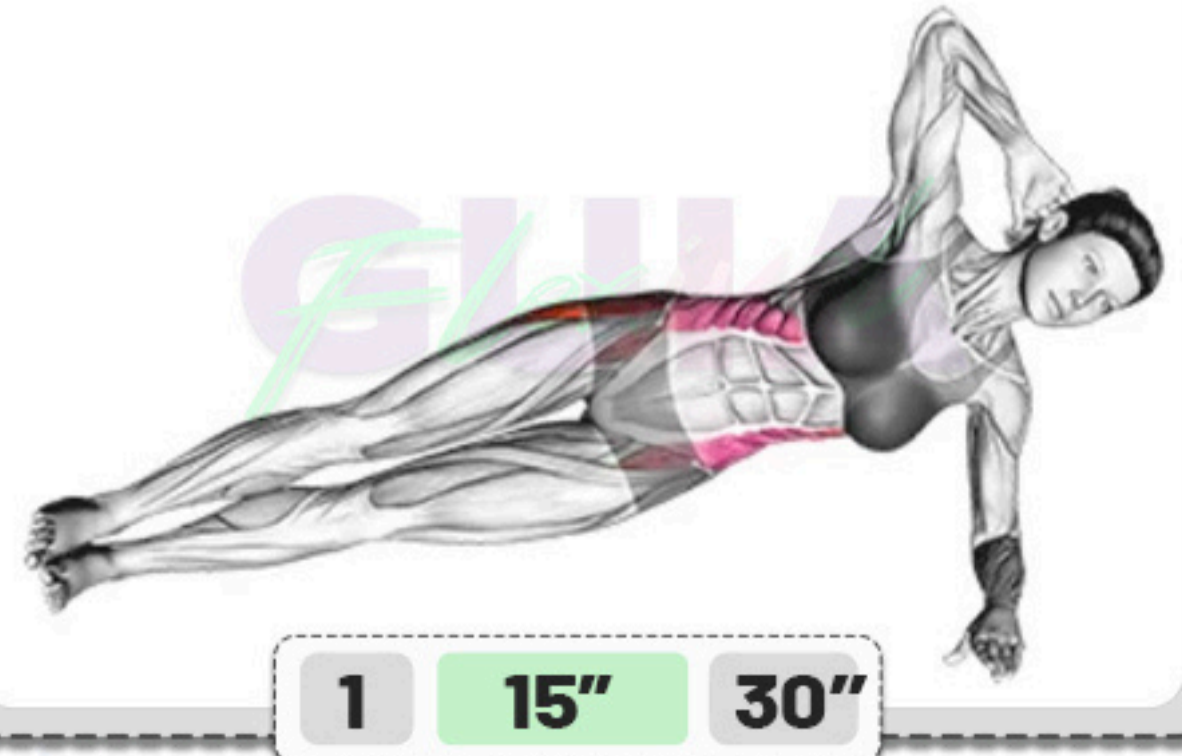
CAT COW POSE



SWIMMING



SIDE PLANK



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Flexivel

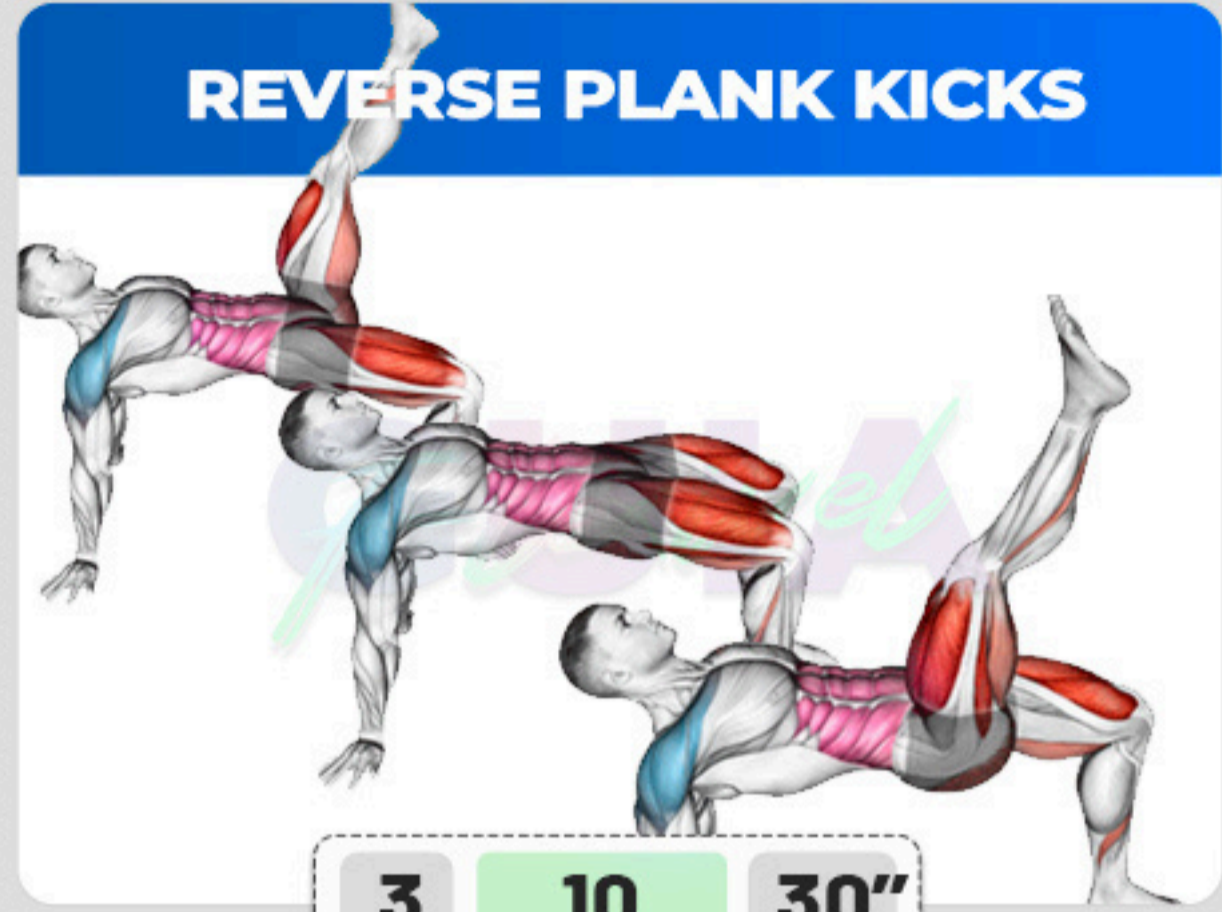
IMPROVE YOUR POSTURE

ARM LEG RAISES



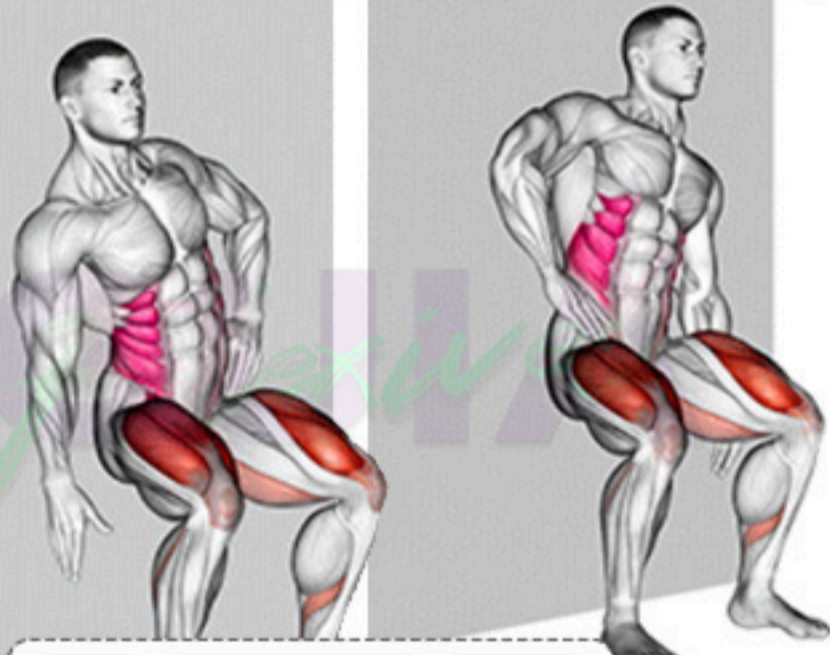
3 12 30"

REVERSE PLANK KICKS



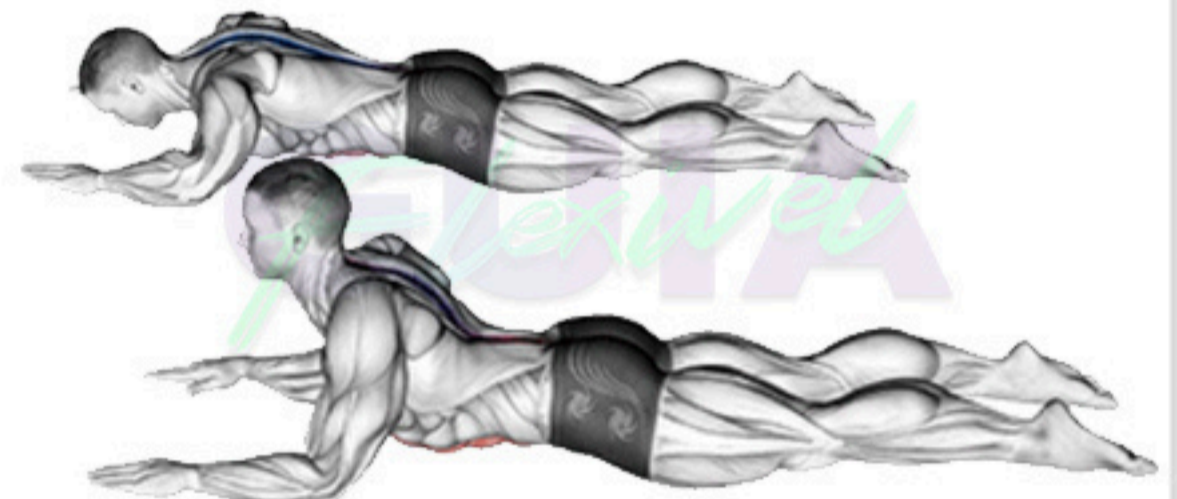
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SEATED SIDE CRUNCH



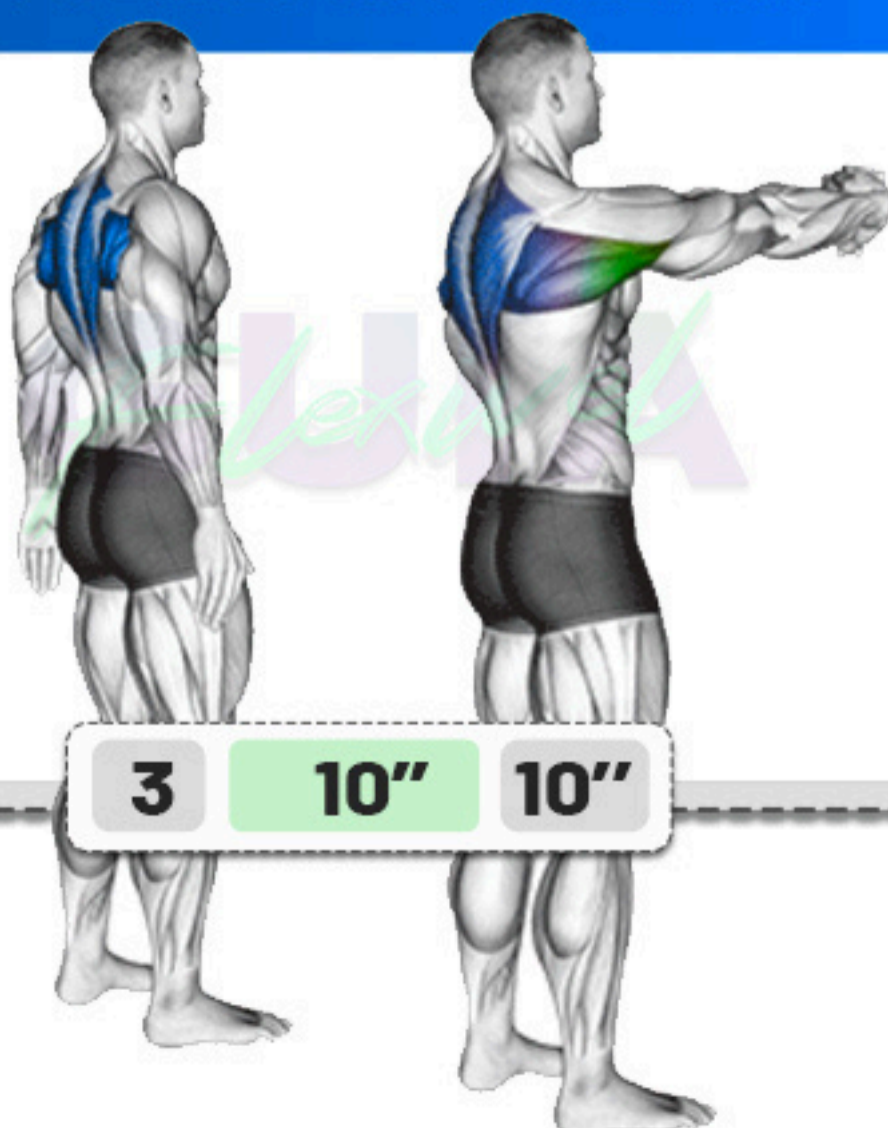
3 10 30"

SPHINX STRETCH



3 10" 30"

UPPER BACK STRETCH



3 10" 10"

SHOULDER STRETCH



3 10" 10"