

**Posture Restoration** with



## The Foundational 5



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# Arm Circles

## Promotes:

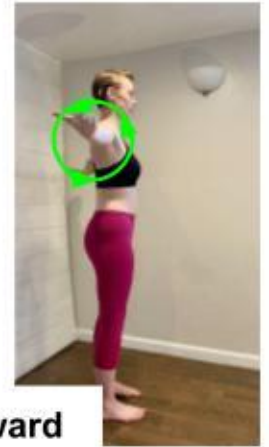
Lubricates the shoulders and blades, strengthens the rotator cuff, shoulder blade anchors, and mid-back muscles while establishing vertical joint stacking and core stabilization. Will help reset the shoulder girdle position.



Forward



Backward



## Instructions:

1. Stand or sit with ankles, knees, and center of thighs in line.
2. Find your fountain: pelvis and rib cage stacked and level. Maintain this throughout the exercise.
3. Draw your shoulder blades together and lift your arms out to a T, shoulder height, arms straight with your hands just at the edge of your peripheral vision.
4. Find your tripod feet: feel your heels and base of big & pinky toes on the floor. Maintain this throughout the exercise.
5. Make the golfer's grip with both hands; thumbs out, fingers curled, palms open.
6. With palms down, start by rotating your arms in **forward** circles, about the size of a dinner plate. Go at a moderate to fast speed. About 20-40 circles. Try to keep your body relatively still as you move your arms.
7. Now turn your palms up and rotate your arms in **backwards** circles, about the size of a dinner plate. Take these circles slightly more behind your body. Go at a moderate to fast speed. About 20-40 circles. Try to keep your body relatively still as you move your arms.
8. Remember to breathe.



# Elbow Curls

## Promotes:

Lubricates shoulder blades and rotators. Opens the pecs and chest. Strengthens the shoulder blade muscles. Helps reset the shoulder girdle position.



## Instructions:

1. Stand or sit with your hands in the golfer's grip, knuckles on your temples, thumbs pointing down.  
Golfer's grip: thumbs out, fingers curled, palms open.
2. Take your elbows out to the side by squeezing your shoulder blades towards each other.
3. Then bring your elbows towards each other at shoulder height. Keep your wrists straight. (Your knuckles will roll on your temples as you do this, that's okay.)
4. Alternate back and forth between taking your elbows out to the side and together in front of you 10-20 times.

**Notes:** Do not force your elbows to go past where is comfortable.

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# Hinge Squat

## Promotes:

Retrains correct pelvic biomechanics, opens up the low back and deep butt, strengthens stabilizing muscles, trains proper extension mechanics.



Unlock



Booty back



Down



Backside up

## Instructions:

1. Stand and place your karate chop hands in your hip creases.
2. **Unlock** your knees.
3. Send your **booty back**, horizontal to the ground.
  - a. Don't let shoulders come forward past your knees.
4. Lower **down** to squat, only as far is comfortable for your knees.
  - a. Keep your heels on the ground.
5. Engage the **backside** of your legs and booty to stand you fully upright.
6. Repeat.

Notes: If this hurts your knees try:

- A. Pretend there is a belt around your knees that you are pressing out against.
- OR
- B. Pretend there is a yoga block between your knees that you are pressing into.

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# Hamstring Curls

## Promotes:

Hip extension, pelvic anchoring, and hamstring strengthening.



## Instructions:

1. Stand holding onto something like a countertop or chair.
2. Find your fountain: stack your pelvis and rib cage, both level.
3. Set one foot back behind you, tops of toes on the floor.
4. Lift that foot off the ground and take it towards your bum.
5. *Slowly* lower it back down.
6. Repeat.

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# Running Man

## Promotes:

Ab/core strengthening, balance, pelvic stabilization, thigh bone gliding into socket, stabilizes ankle function.



## Instructions:

1. Stand in a split stance like you are about to take a good size step.
2. Find your tripod foot with the front foot: feeling heel and base of big & pinky toes equally on the floor.
3. Bend both knees some. Feel your front leg thigh bone going both forward at the knee and backward deep into your bum.
4. Put more of your weight into your front leg.
5. Pelvis facing forward throughout the entire exercise.
6. Bring your arms to 90 degrees.
7. "Run" with just your arms **as fast as you can**, taking your elbows back behind you and then to your sides again. (Your feet will not move.)  
Do this for 30 seconds.
8. Then switch legs and repeat with the other leg in front.

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