

Posture Restoration with



Unwinding Movements



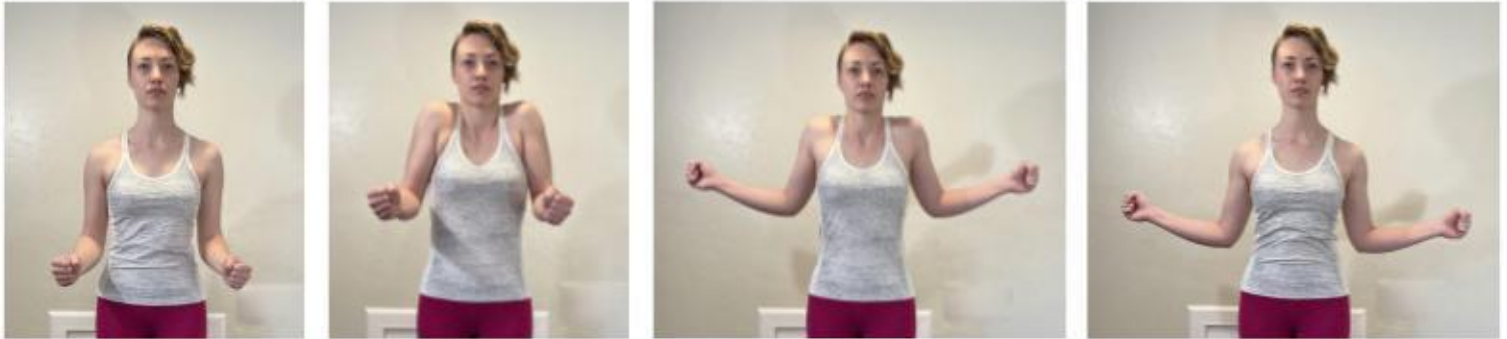
smithingwellness.com

Any advice given by Lara Beckstrand and/or Smithing Wellness is not intended to substitute professional medical advice. If you try any of the exercises given by Lara Beckstrand and/or Smithing Wellness you do so at your own risk. Lara Beckstrand and/or Smithing Wellness are not responsible for any alterations made to these exercises by other parties. You are responsible for yourself and will not hold Lara Beckstrand and/or Smithing Wellness liable for any illness, injury, and/or neglect.

Strong Man

Promotes:

Opens the pecs and chest. Strengthens the shoulder blade muscles. Helps reset the shoulder girdle position. Strengthens rear delt.



Instructions:

1. Stand or sit with your hands in fists and elbows at 90 degrees at your sides.
2. Raise your shoulders toward your ears and hold.
3. Take your fists out to the sides so the insides of your arms face forward.
4. Slide your shoulder blades down your back.
5. Hold.

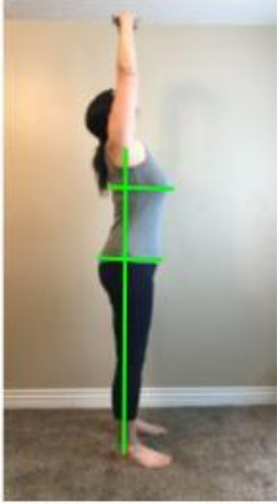
Option: For a little more muscle engagement, after step 4, think about taking your elbows a little more forward and your wrists a little more backward.

Any advice given by Lara Beckstrand and/or Smithing Wellness is not intended to substitute professional medical advice. If you try any of the exercises given by Lara Beckstrand and/or Smithing Wellness you do so at your own risk. You are responsible for yourself and will not hold Lara Beckstrand and/or Smithing Wellness liable for any illness, injury, and/or neglect.

Stack Your Bones

Promotes:

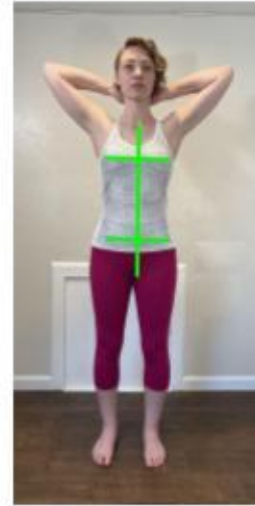
Vertical stacking of load-bearing joints and reestablishes brain-body connection for proper joint position and muscle function.



Overhead Extension Instructions:

1. Stand with your body vertically stacked from a side view; ankles, knees, hips, shoulders, and ears inline. Feet straight.
2. Find your fountain: level your pelvis and rib cage, stacked like a fountain.
3. Interlace your fingers and turn your palms to face outward.
4. Raise your arms up over your head while keeping your vertical stacking and keeping your pelvis and ribs level/neutral.
5. Press up towards the sky and imagine your spine lengthening.
6. Option to hold here or look up.
7. Breathe.

Notes: Only raise your arms as far as is comfortable and as far as you can keep your pelvis and rib cage level.



Boss Pose Instructions:

1. Stand with your body vertically stacked from a side view; ankles, knees, hips, shoulders, and ears inline. Feet straight.
2. Find your fountain: level your pelvis and rib cage, stacked like a fountain.
3. Place your hands behind your head and press your elbows back.
4. Hold and breathe.

Notes: Only raise your arms as far as is comfortable and as far as you can keep your pelvis and rib cage level.



Shake/Bounce

Promotes:

Resets the nervous system, grounding, teaches tight muscles to relax, reorients the entire body, shifts your energy, activates your kinetic chain, tells the brain it is safe to change positions and stack your bones correctly.



Instructions:

1. In a standing position, start to bounce and/or shake your body. Any way you do it is fine. Maybe imagine you are one of those inflatable tube men at a used car lot randomly moving around.

Notes:

- If you need help with balance, hold onto something like back of a chair.
- This can also be performed seated.

Any advice given by Lara Beckstrand and/or Smithing Wellness is not intended to substitute professional medical advice. If you try any of the exercises given by Lara Beckstrand and/or Smithing Wellness you do so at your own risk. You are responsible for yourself and will not hold Lara Beckstrand and/or Smithing Wellness liable for any illness, injury, and/or neglect.

Make it Bigger

Promotes:

Releases tension, resets the nervous system, grounding, reorients the entire body, shifts your energy, activates your kinetic chain, tells the brain it is safe to change positions and stack your bones correctly.



Instructions:

1. Take 5-10 steps as big as you can. Make every part of your body move in an exaggerated way. Take up lots of space.

Any advice given by Lara Beckstrand and/or Smithing Wellness is not intended to substitute professional medical advice. If you try any of the exercises given by Lara Beckstrand and/or Smithing Wellness you do so at your own risk. You are responsible for yourself and will not hold Lara Beckstrand and/or Smithing Wellness liable for any illness, injury, and/or neglect.

Prepare to Stand

Promotes:

Eccentric lengthening of the psoas, which relieves low back strain, repositions the pelvis, and helps you extend to stand upright.



Instructions:

1. While seated, use your hands to pull one thigh towards your chest and hold for 10-90 seconds.
2. Set that leg back down and repeat with the other leg.
3. Then place your hands behind your head.
4. Pretend your butt cheeks are glued to the chair, do not let either of them lift off the chair.
5. Bend to one side taking one elbow toward the sky.
6. Look up.
7. Then look forward again and rise back to upright.
8. Repeat going to the other side.
9. Then stand up by pressing down into your feet and stacking your bones from the ground up.

Any advice given by Lara Beckstrand and/or Smithing Wellness is not intended to substitute professional medical advice. If you try any of the exercises given by Lara Beckstrand and/or Smithing Wellness you do so at your own risk. You are responsible for yourself and will not hold Lara Beckstrand and/or Smithing Wellness liable for any illness, injury, and/or neglect.