

POSTURE CHALLENGE

1. ALIGN FEET UNDER HIPS
2. TUCK TAILBONE UNDER & ENGAGE CORE
3. EXTERNALLY ROTATE SHOULDERS, PINKYS TO PANT SEAM
4. PULL THROAT BACK

Practice 3x/day holding for 1 minute. You can do this against a wall.

Work your way up to 5 minutes.

Set phone alarms to remind you.

For accountability, tweet me your progress @hserody



click to tweet