

# The Posture Post

---

Exercise Sheets

Version 1.0  
April.1.2018

## **BEFORE YOU BEGIN**

**Disclaimer:** The Posture Post does not replace the advice of a physician. Please speak to your physician before using The Posture Post to ensure that this product is right for you. Use of The Posture Post is at your own risk. The Posture Post assumes no liability should injury occur with the use of this product.

**Note:** We reserve the right to make changes and alterations to the design and physical appearance of The Posture Post and make it known that the product that you receive may have a difference physical appearance to those images and video representations on our website or other promotional advertisements. Some of the images in this manual and accompanying exercise sheets may not be to scale.

### **Why is Good Posture Important?**

We've all heard the timeless advice: *"Stand up straight!"* Good advice worth following. Correct posture is of vital importance and can be achieved by simply standing up straight with your weight centered over your feet. Maintaining good posture results in improved bodily function (such as respiration, digestion, sleep, and general mood), as well as a more efficient movement pattern that minimizes the risk of pain and injury.

### **How to Work Toward Good Posture**

**Think tall, feel tall.** "Thinking tall" is a mental cue that can be used to help increase the vertical space between the postural joints of the body. We should all be "thinking tall" throughout the day; however, this can be a challenge when we are distracted by life's daily activities. The training done with **The Posture Post** will serve to strengthen the neuromuscular connection, thereby helping to subconsciously activate the vertical postural chain.

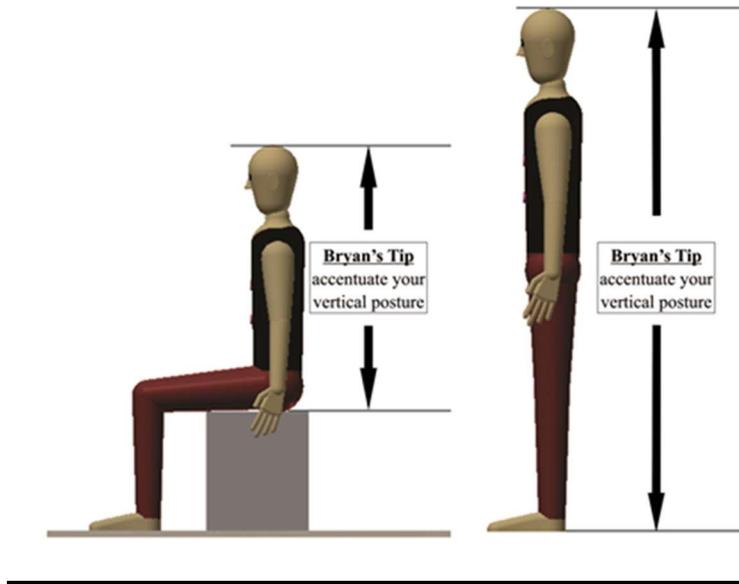
### **BRYAN'S TIP!**

"Remember Bryan's Tip!" will be written at the beginning of every exercise to remind you to mentally cue your body position, accentuating your vertical posture. "Bryan's Tip" is accomplished by imagining that there is a string attached to the top of your head pulling you upright. This should not be forced, but will require some mental effort at first. The above should be carried out with your weight equally balanced (over both feet for two-legged standing exercises, over one foot for single-legged standing exercises), with your eyes and hips level. For seated exercises, the same principle applies, with the exception that the sit bones replace your feet as the focal contact point.

During all exercises, and when applying "Bryan's Tip", you should feel or sense the space between the joints involved in standing upright and making yourself tall. Those well connected to their inner body will more easily sense the space, while others will only be able to imagine (and not actually feel) the space. It is acceptable if you do not feel the space being created, but simply to 'think' of it. You are primarily trying to sense, feel, or imagine the increased vertical space and freedom between the vertebrae in the cervical spine (neck region), the thoracic spine (mid and upper back), the lumbar spine (lower back), as well as through the hips, knees, and ankles.

**IMPORTANT:** When applying "Bryan's Tip", it is important not to shrug/raise your shoulders upward toward your ears when trying to "feel tall". Shoulders must remain relaxed and should fall with gravity unless otherwise instructed in the exercise description. Additionally, it is important to keep your eyes and head level, and your chin slightly tucked throughout all exercises, unless otherwise instructed in the exercises.

**“Bryan’s Tip” for standing and seated exercises**

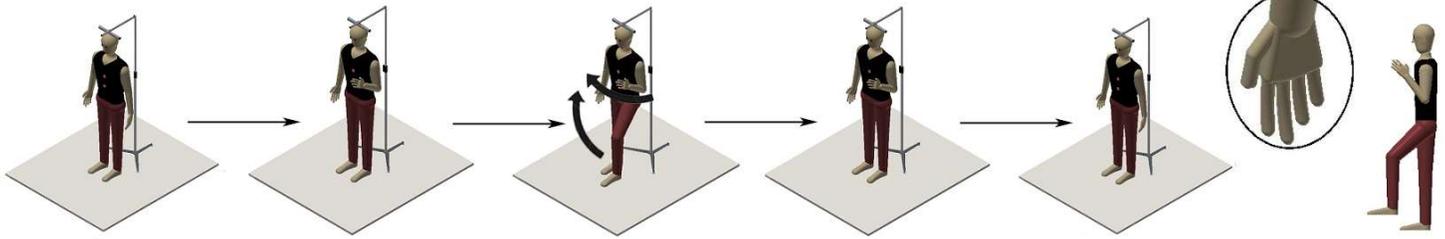


**Note:** The representation of The Posture Post in these Exercise Sheets has been simplified for clarity purposes; however, the functionality is identical.

Exercise 19:

Bend arm at elbow with palm facing inward, pointing upward in front of body. Flex hip from same side of body to 45 degrees while raising arm 45 degrees. Return to standing position.

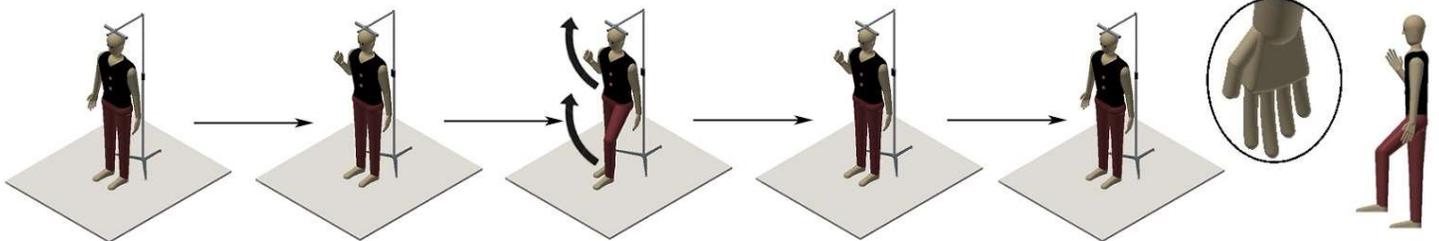
**REMEMBER BRYAN'S TIP!**



Exercise 20:

Bend arm at elbow with palm facing inward, pointing upward in front of body. Flex hip from opposite side of body to 45 degrees while raising arm 45 degrees. Return to standing position.

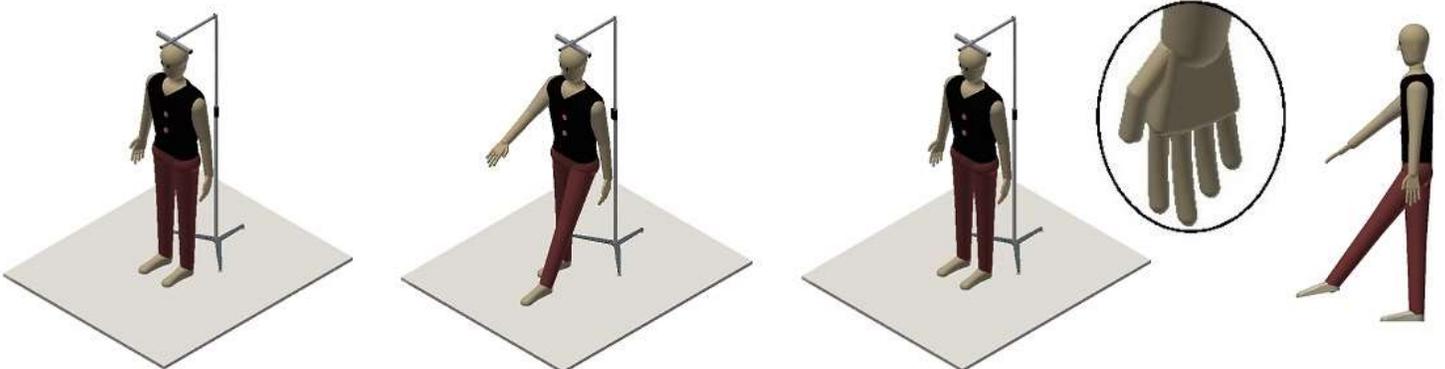
**REMEMBER BRYAN'S TIP!**



Exercise 21:

Keeping leg straight and toe pointed to floor, flex hip to 45 degrees while raising straight arm from opposite side of body 45 degrees in forward direction, palm facing down. Return to standing position.

**REMEMBER BRYAN'S TIP!**



Exercise 26:

Stand with feet slightly wider than shoulder-width apart. Cross hands over body and place on shoulders. Rotate neck, torso, and hips to opposite side of pain.

**REMEMBER BRYAN'S TIP!**

