

Top 5 Stretches to Fix Your Posture

1. Chin Tucks (also with overpressure) (use two fingers or crux of thumb)



2. Upper Back Mobilizations
 - a. With tennis ball



- b. With softball



c. With Lacrosse ball



d. With Back Pod



3. Chest Stretch (active Ws, and stretch in corner)



(W Stretch)



(Corner Stretch)

4. Hip Flexor Stretch



5. Standing Back Extensions

