

POSING MOBILITY

MOBILITY EXERCISES | BREATHING TECHNIQUE | CORE CONTROL

Performance
POSING



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HELLO FROM THE OWNER

Kaylia Rhodes

Hi, I'm Kaylia! Owner of Performance Posing, Posing Coach, and NPC National Bikini Competitor. I started Performance Posing because I recognized how overwhelming the posing and presentation aspect of competing can be, but how critical it is to being successful on stage. Information for competitors was either unavailable, unorganized, or lacked structure and detail. I wanted to take my love for posing, the bodybuilding industry, apply my professional background in Corporate, and build a company that offers a one-stop shop posing resource, helping as many competitors as possible achieve a successful journey to the stage.

I made sure to cover everything in our resource guides! I give you all the knowledge and tools to perform at your absolute best. If you follow the step-by-step instructions in our eBooks, combined with utilizing our talented posing coaches, I promise when you walk off stage, you will have no doubt you did everything you could to prepare and present your best self!

I hope you find value in this guide and that it helps you become a more elite poser on stage!

XO,
Kaylia



About

PERFORMANCE POSING



Performance Posing is a bodybuilding posing and presentation company. Our team of coaches consists of competitors who are passionate fans of the industry with a detailed eye for posing and presentation. Our team has worked with hundreds of competitors preparing for the bodybuilding stage from novice beginners to advanced professional level athletes. We offer products and services designed for Bikini, Wellness, and Fit Model NPC and IFBB competitors. No matter your experience, budget, schedule, or learning style, there is a product and service available to teach you how to present your best physique, being fully prepared for the stage.

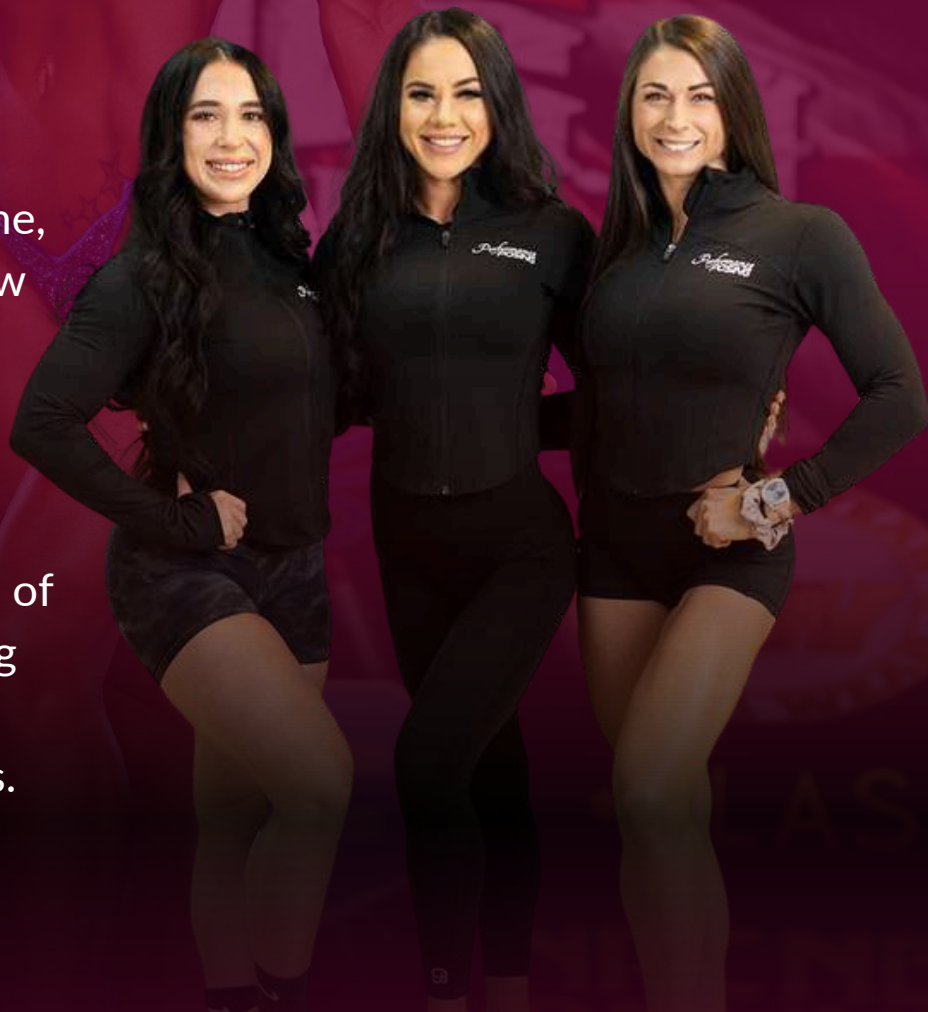
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NEED POSING HELP?

Start with our posing guides and online posing courses.

We outline step-by-step instruction for poses, transitions, individual routine, what happens on stage, how to practice, posing do's and don'ts, and much more!

For a personalized look at your posing, work with one of our posing coaches by using our Video Critique service and 1-on-1 Posing Sessions.



ALL PERFORMANCE POSING RESOURCES ARE CREATED FOR NPC/IFBB FEMALE COMPETITORS IN BIKINI, WELLNESS, AND FIT MODEL DIVISIONS.

IF YOU HAVE SPECIFIC QUESTIONS REGARDING THE NUTRITION AND EXERCISE SIDE OF COMPETING, CONSULT WITH A COMPETITION COACH.

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Available Products

EBOOKS & GUIDES

Learn step-by-step posing instruction, what happens on stage, receive access to core control, mobility, posing practice, and skincare protocols specifically designed for competitors, have all your posing, presentation, and industry questions answered, and stay organized with our competing checklists. Arrive to show day 100% prepared!



ONLINE POSING COURSES

Learn how to pose at your own pace with our detailed self-paced online posing courses. Access several posing course videos filled with step-by-step instruction on how to properly pose your physique as if one of our posing coaches are right there coaching you!



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Available Services

VIDEO CRITIQUES

Submit posing photos and videos for personalized feedback that will help perfect your posing and enhance your stage presence. Receive a detailed video reply, including critiques and demonstrations identifying the best poses, angles, movements, and stage personality unique to you.



POSING SESSIONS

Work one-on-one with the posing coach of your choice for personalized attention to learn the basics of posing, improve current posing, and enhance your stage presence. Our coaches will help identify the best poses, angles, movements, and stage personality unique to you.



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ABOUT THE TEAM

Owner, NPC National Bikini Competitor, Bikini & Fit Model Posing Coach

Hi, I'm Kaylia! National level NPC Bikini Competitor out of Meridian/Boise, ID who fell absolutely in love with the sport of bodybuilding. I've been competing since 2017; competing nationally since 2021. I had a successful 2024 & 2025 competing season winning an Overall title and placing 1st in Arnold Amateur and Jr. USA classes. Like many of you, I'm working towards the goal of achieving that IFBB Professional title. In an effort to do so, I became determined to learn and improve my overall stage presence. I've made it a top priority to stay up to date on industry trends, spending countless hours studying posing, presentation, and judges' feedback in everything from local, national, and top IFBB pro shows to keep my knowledge current. That determination has transformed into a strong skill in posing and presentation that I enjoy sharing with others. I have a passion for transition movement choreography, a detailed eye for posing technique, and a strong skillset in teaching posing in a structured way that is enjoyable, while easy to learn and retain.

As a Posing Coach and Owner of this company, I promise to:

- Always bring personality, passion, and professionalism to every product and service we provide
- Teach posing and presentation in a way that is fun, clear, and unique to you
- Be a valuable resource and provide an enjoyable experience in your journey to the stage
- Never stop improving to be the best coach and posing company we can be

To work with me, visit: [Kaylia - Performance Posing](#)

Kaylia



ABOUT THE TEAM

IFBB Bikini Pro & Olympian, Bikini & Fit Model Posing Coach

Hi! Most people know me as Lolo! I am an IFBB Bikini Pro and Olympian, originally from Portland, OR and now living in Boise, ID.

I have been competing since 2017. I competed on the national level 2019 to 2021 where I earned my procard at Olympia Amateur. I have been competing as an IFBB Pro since 2021. I've earned several top pro placings, as well as winning my first pro show in 2025 at the LA Pro Championships qualifying for my first Olympia!

Competing in 30 shows over the years, I have been able to travel all over the country to experience a large variety of shows. I fell in love with bikini and the entire journey of bodybuilding right from the start. I live the lifestyle year-round while always studying the sport, working with other competitors, and progressing as an athlete myself. I love learning and love sharing that knowledge even more. I hope to inspire others who are on their journey to do the same and to be the best athlete they can be. As a posing coach, I look forward to helping others with the confidence and skills to present all of their hard work come show day.

Love,
Lauren

To work with me, visit: [Lauren - Performance Posing](#)

Lauren



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ABOUT THE TEAM

NPC Wellness & Figure Competitor Wellness Posing Coach

Hi, it's Lexi! NPC Wellness and Figure Competitor and former competitive gymnast. I competed for eleven years and ended my career as a level 10, due to injury. I found myself still wanting to be a part of the industry, so I began coaching for the following three years. This is where I found my new purpose. Spreading my knowledge and guiding people to success became my new "why". Or in other words, my driving purpose in life.

I began my fitness journey in 2020 as a hobby and a way to stay in shape, but after joining The Mecca Gym bodybuilding became my new "gymnastics". I am a person that when I find something I like, I am all in. Ever since finding this passion, I eat, sleep, breathe bodybuilding; more specifically, the wellness division. I study it day in and day out.

Posing and presentation can make or break the package you bring to stage. I excel in creative posing choreography. I will help you find your posing style and design posing that is unique to you and your physique. By working together, we will make sure to showcase your strengths, bringing your best self to the stage!

To work with me, visit: [Lexi - Performance Posing](#)

Lexi



What's Inside

Welcome to the *Posing Mobility Guide*! We share the exact mobility, breathing, and core control protocols we use to help athletes become more polished, controlled, and stage-ready posers.

Knowing your poses is essential, but if your body lacks the range of motion to fully settle into them, execution suffers and the learning process becomes slower.

Proper breathing and core control are just as critical. Without them, maintaining posture, composure, and stamina throughout posing practice and on stage becomes much more difficult.

Mobility work also plays a key role in recovery, helping your body handle the physical demands of repeated posing practice so you can continue improving consistently.

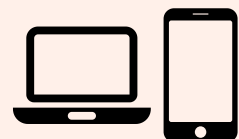
**POSING
MOBILITY
EXERCISES**

**BREATHING
& CORE
CONTROL**

**HIP
MOBILITY
DRILLS**

Utilize the exercises recommended in this guide to achieve that polished competitor you're working so hard to be!

IF YOU'D LIKE THE ONLINE COURSE VIDEO OF THIS GUIDE, YOU CAN ACCESS IT AT:
WWW.PERFORMANCEPOSING.COM



POSING

MOBILITY



THIS IS A GENERAL GUIDE TO IMPROVE POSING MOBILITY.

IF YOU NEED MORE IN-DEPTH OR SPECIALIZED MOBILITY HELP, WE RECOMMEND WORKING WITH YOUR COACH, BODYWORK SPECIALIST, AND/OR PHYSICAL THERAPIST.



BEFORE YOU START...

The following mobility exercises have been selected for each body part that plays a role in proper posing technique. Try each exercise and pick your favorites within each section, for your posing mobility protocol. For these exercises to be effective, you must be consistent in doing them!

FREQUENCY – Recommended days per week, but add more if you'd like! It's recommended to use this guide post-workout or on rest and recovery days.

SETS – Recommended sets per stretch/exercise, add more as needed.

REPS – Recommended reps or time held per set, add more as needed.

SPINAL

MOBILITY EXERCISES

YOGA WHEEL BACKBENDS

JEFFERSON CURLS

CAT COW

KNEELING LUNGE T-SPINE ROTATION

STANDING T-SPINE ROTATION

STANDING PVC TWISTS

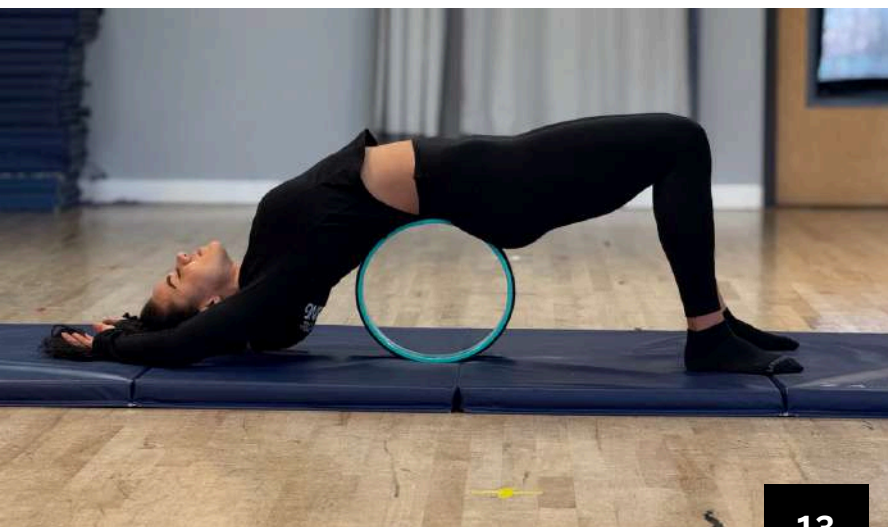
SEATED SPINE TWISTS

LYING SPINE TWISTS

**In addition, or in place of this guide, we recommend regular
Yoga classes to help with mobility for posing!**

Spinal Mobility

YOGA WHEEL BACKBENDS



Frequency:

3+ days per week

Sets:

1+ sets per upper, mid, and low back

Reps:

15 second hold, 5 second rest, repeat 4x

Upper Back - positioned at the center of your upper back and lean backwards.

Mid Back - position at the center of your mid back and lean backwards.

Low Back - at the center of your low back and lean backwards.

You can bring your arms out at the sides or above your head, whichever feels best to you.

Purchase: [Amazon 3 Size Yoga Wheel](#)

Spinal Mobility

JEFFERSON CURLS



Frequency: 3+ days per week

Sets: 3+ sets

Reps: 15 second hold, 5 second rest, repeat 4x

****A great exercise to do post-posing practice session to recover from the constant arching!****

CAT COW



Frequency: 3+ days per week

Sets: 3+ sets

Reps: Alternate for 30 seconds, rest 15 seconds

Spinal Mobility

KNEELING LUNGE T-SPINE ROTATION



Frequency: 3+ days per week

Sets: 3+ sets

Reps: 15 second hold each side, 5 second rest, repeat 4x

STANDING T-SPINE ROTATION



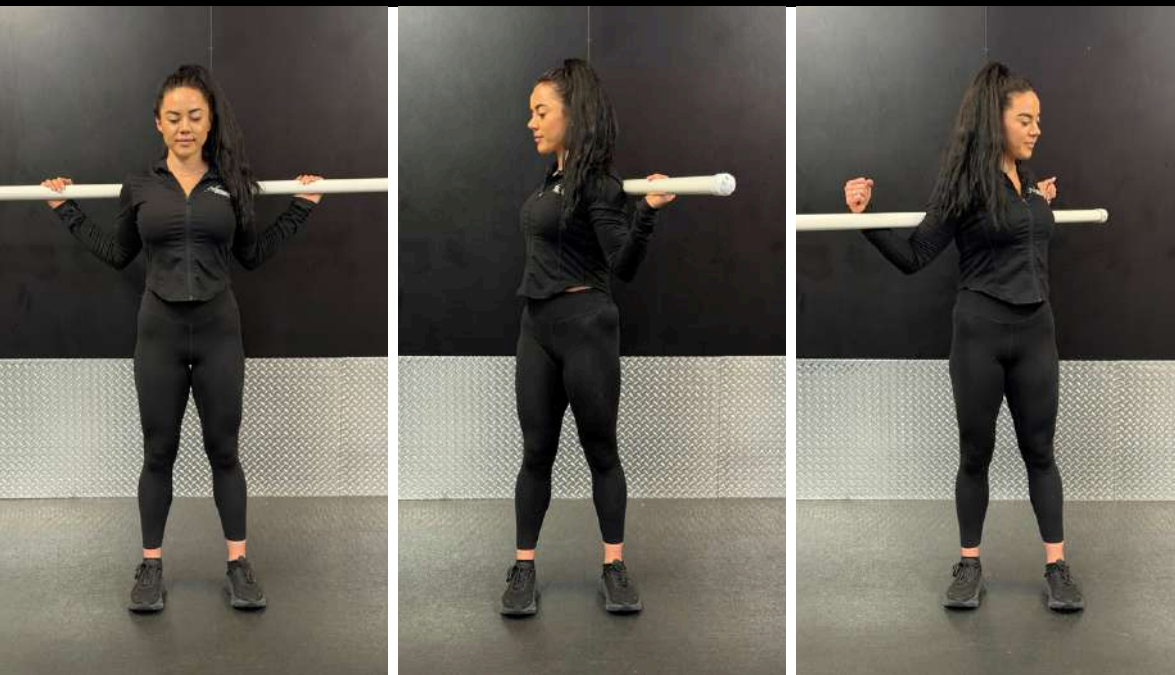
Frequency: 3+ days per week

Sets: 3+ sets

Reps: 15 second hold each side, 5 second rest, repeat 4x

Spinal Mobility

STANDING PVC TWISTS



Frequency: 3+ days per week

Sets: 3+ sets

Reps: 5 twists per side, 15 second rest

SEATED SPINE TWISTS



Frequency: 3+ days per week

Sets: 3+ sets

Reps: 15 second hold each side, 5 second rest, repeat 4x

Spinal Mobility

LYING SPINE TWISTS



Frequency: 3+ days per week

Sets: 3+ sets

Reps: 15 second hold each side, 5 second rest, repeat 4x

LAT

MOBILITY EXERCISES

HANGING LAT STRETCH

**SINGLE ARM LAT STRETCH
(BAND OR CABLE)**

STANDING SIDE BEND LAT STRETCH

In addition, or in place of this guide, we recommend regular
Yoga classes to help with mobility for posing!

Lats

HANGING LAT STRETCH



Frequency: 3+ days per week

Sets: 3+ sets

Time: 15 second hold, 15 second rest

Lats

SINGLE ARM LAT STRETCH (BAND OR CABLE)



Frequency: 3+ days per week

Sets: 3+ sets

Time: 15 second hold each side

Lats

STANDING SIDE BEND LAT STRETCH



Frequency: 3+ days per week

Sets: 3+ sets

Time: 15 second hold each side

HIPS

MOBILITY EXERCISES

YOGA SQUAT

HAPPY BABY

FROG HOLDS

DYNAMIC LUNGE STRETCH

PIGEON POSE STRETCH

SEATED HIP STRETCH

STANDING HIP STRETCH

In addition, or in place of this guide, we recommend regular
Yoga classes to help with mobility for posing!

Hips

YOGA SQUAT



Frequency: 3+ days per week

Sets: 3+ sets

Reps: 15 second hold, 15 second rest

HAPPY BABY



Frequency: 3+ days per week

Sets: 3+ sets

Reps: 15 second hold, 15 second rest

Hips

FROG HOLDS



Frequency: 3+ days per week

Sets: 3+ sets

Reps: 15 second hold, 15 second rest

DYNAMIC LUNGE STRETCH



Frequency: 3+ days per week

Sets: 3+ sets

Reps: engage glute 15 second hold, lunge 15 second hold, each side per set

Hips

PIGEON POSE STRETCH



Frequency: 3+ days per week

Sets: 3+ sets

Reps: 15 second hold upright & leaning, each side

SEATED HIP STRETCH



Frequency: 3+ days per week

Sets: 3+ sets

Reps: 15 second hold each side

Hips

STANDING HIP STRETCH



Frequency: 3+ days per week

Sets: 3+ sets

Reps: 15 second hold each side

CHEST/SHOULDERS

MOBILITY EXERCISES

CLASPED HANDS BEHIND BACK

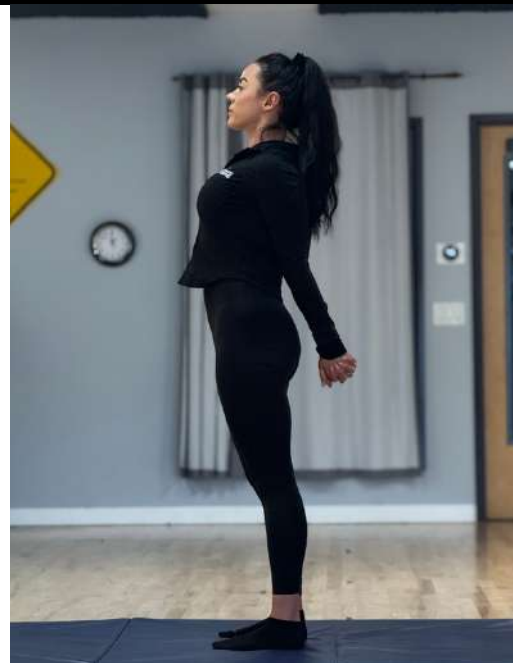
SINGLE ARM WALL PEC STRETCH

BANDED CHEST OPENER

In addition, or in place of this guide, we recommend regular
Yoga classes to help with mobility for posing!

Chest / Shoulders

CLASPED HANDS BEHIND BACK



Frequency: 3+ days per week

Sets: 3+ sets

Reps: 15 second hold, 15 second rest

SINGLE ARM WALL PEC STRETCH



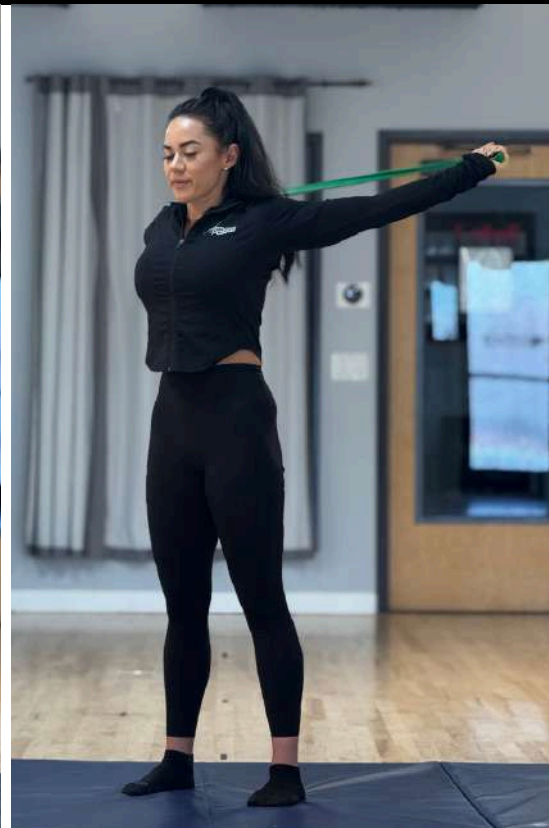
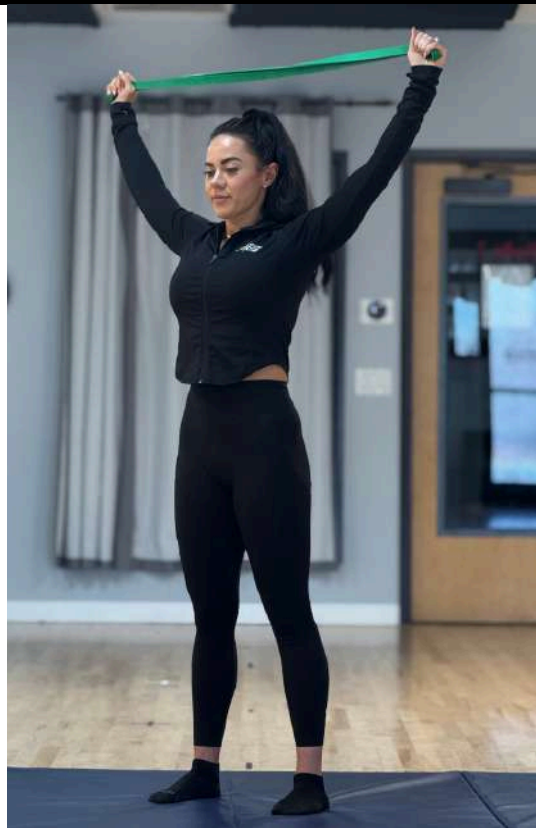
Frequency: 3+ days per week

Sets: 3+ sets

Reps: 15 second hold each side

Chest / Shoulders

BANDED CHEST OPENER



Frequency: 3+ days per week

Sets: 3+ sets

Reps: 5 reps, hold each rep 5 seconds

CALVES

MOBILITY EXERCISES

**DOWNWARD DOG CALF STRETCH
(PEDAL FEET)**

SEATED BAND CALF STRETCH

In addition, or in place of this guide, we recommend regular
Yoga classes to help with mobility for posing!

Calves

DOWNWARD DOG CALF STRETCH (PEDAL FEET)



Frequency: 3+ days per week

Sets: 3+ sets

Reps: 15 second hold each side

SEATED BAND CALF STRETCH

Frequency: 3+ days per week

Sets: 3+ sets

Reps: 15 second hold each side



BREATHING

FOR THE STAGE



THIS IS A GENERAL GUIDE TO BREATHING AND CORE CONTROL FOR THE STAGE.
IF YOU NEED MORE IN-DEPTH OR SPECIALIZED BREATHING AND CORE
CONTROL HELP, WE RECOMMEND WORKING WITH AN LPF COACH AND/OR
PELVIC FLOOR PHYSICAL THERAPIST AS NEEDED.



Breathing

A small conditioned tightly controlled waist is always the goal. This is achieved with proper conditioning, breathing, and core control.

Below are breathing exercises we recommend starting with to help you connect with your core and breath to progress at core control and posing conditioning.

Complete these breathing exercises before vacuum exercises if you are first learning vacuums, or if you struggle with the vacuum technique. If you are advanced in the vacuum and breathing techniques, you may skip this step if you'd like.

To warm up the core and control your breathing before vacuum exercises, take 3 big deep inhales through the nose and exhales through the mouth, then complete steps 1-2 while seated or standing, in straight posture - no hunching or arching.

Step 1: Engage and Connect with Core

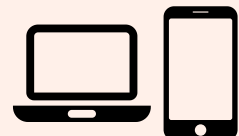
- Exhale, engage and tighten core, hold 3 seconds, relax (1 rep)
- Complete 5 reps

Step 2: Short Controlled Breaths *The type of breathing we do on stage*

- Exhale, engage and tighten core, hold
 - Inhale nose to chest, holding core (do not deep/belly breathe)
 - Exhale through mouth, holding core
- Complete 5 reps: 1 inhale and 1 exhale = 1 rep

When you've completed the breathing exercises, then move on to the vacuum drills.

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CORE CONTROL

FOR THE STAGE



THIS IS A GENERAL GUIDE TO BREATHING AND CORE CONTROL FOR THE STAGE.
IF YOU NEED MORE IN-DEPTH OR SPECIALIZED BREATHING AND CORE
CONTROL HELP, WE RECOMMEND WORKING WITH AN LPF COACH AND/OR
PELVIC FLOOR PHYSICAL THERAPIST AS NEEDED.

Core Control

There is no guarantee how long you will be on stage. You may find yourself having to pose for 3, 5, 10+ minutes depending on the show. This is when posing conditioning is important. Being able to hold your poses, using short, controlled breaths, while holding a tight core for long periods of time doesn't come naturally - it takes a lot of technique and practice.



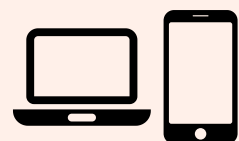
We've outlined a core control protocol for the female competitor that will teach you how to properly engage and control your core for the stage.

In this section, you will learn 3 levels to performing the vacuum that we recommend when preparing for the stage: Intro to Vacuums, Level 1, and Level 2.

Vacuums can take time to learn and perfect. Give yourself time to work at proper vacuum technique and stay very consistent in doing them.

If you need help with your vacuum technique, seek out the guidance from an LPF Coach who specializes in breathing and core work. Contact us for a referral.

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IMPORTANT

Vacuums are helpful to learn mind-muscle-connection with the core, practice core engagement and core control; however, we do not perform vacuums on stage.

Because of this, it's helpful to practice core control throughout your day, every day. This means keeping your core engaged (specifically low abdominals) in everything you do... sitting, walking, working out, eating, driving, working, etc. Think of it like an internal waist trainer. Be mindful of your core and build the habit of an engaged core at all times while being able to move, breathe, and talk.



Core Control

INTRO TO VACUUMS

Many people struggle with proper core engagement to do a vacuum. Before attempting level 1 vacuums, try them standing while bent over, hands placed on knees or chair/table, or while on your hands and knees in tabletop position. These two positions are often easier to start learning vacuums in.

From the bent over, or tabletop position:

- Inhale through the nose
- Exhale - Release ALL air, then bring abs in towards your spine (DO NOT inhale), hold vacuum
 - *Do not try to overly lift/flare your ribcage*
 - *Focus on bringing in the transverse abdominals*
- Hold vacuum, release when no longer holding properly, reset, go again, work to progress at hold time
- 5 vacuums in the AM

Use the intro to vacuum technique for 2-4 weeks, then begin level 1 vacuums.



Core Control

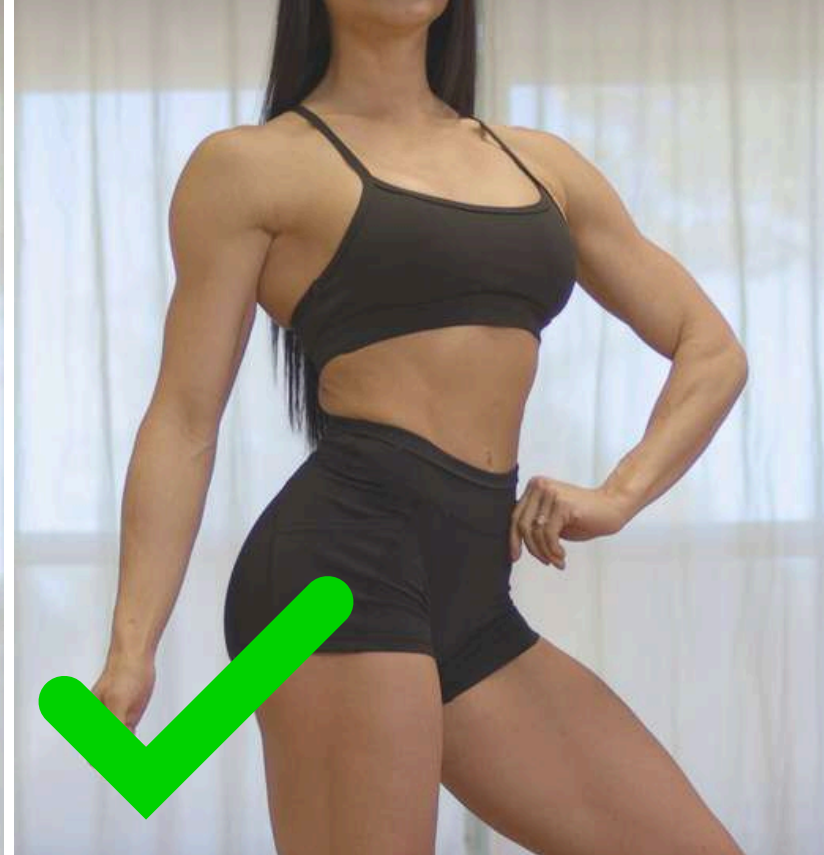
LEVEL 1 VACUUMS

Lying Down: Knees up, legs bent, back flat

Standing: Stand in straight posture, no hunching, no arching

- Inhale through the nose
- Exhale - Release ALL air, then bring abs in towards your spine (DO NOT inhale), hold vacuum
 - *Do not try to overly lift/flare your ribcage*
 - *Focus on bringing in the transverse abdominals*
- Hold vacuum, release when no longer holding properly, reset, go again, work to progress at hold time
- 5 vacuums in the AM

When you've mastered level 1 vacuums, move into level 2 partial vacuums.



Core Control

LEVEL 2 VACUUMS

Do not start level 2 partial vacuums until you have mastered the proper vacuum of level 1. However, if you're about 4 weeks out from your show, make sure you've started level 2 partial vacuums, but do not combine both level 1 and level 2 vacuums when first learning.

You are not trying to perform the full real vacuum technique at this level since we do not perform actual vacuums on stage. You want to perform what's known as a "partial vacuum" (think of tightening/squeezing/engaging your core, then pulling in slightly).



Core Control

LEVEL 2: PARTIAL VACUUMS

Bikini & Fit Model: Stand in front pose

Wellness: Stand in front pose and both side poses

- Inhale through the nose
- Exhale - Release ALL air, tighten and squeeze your core, pulling in slightly, hold controlled core, then focus on short breaths inhaling through the nose, exhaling out the mouth while holding core tight.
 - *Do not come out of stage posture*
 - *Do not try to lift or overly flare ribcage*
 - *Focus on bringing in the low transverse abdominals and ribcage*
- Hold partial vacuum, release when no longer holding properly, reset, go again, work to progress at hold time
- 5 partial vacuums in the AM and/or before each posing practice session

When you've mastered partial vacuums while holding poses, begin practicing them while doing your transitions. Focus on not releasing the partial vacuum as you move through the transition. If you release, start the transition over and try again.

Core control is an important part of posing, make sure you practice it consistently.

HIP MOBILITY

DRILLS



THIS IS A GENERAL GUIDE TO IMPROVE HIP MOBILITY FOR POSING.

IF YOU NEED MORE IN-DEPTH OR SPECIALIZED MOBILITY HELP, WE RECOMMEND WORKING WITH YOUR COACH, BODYWORK SPECIALIST, AND/OR PHYSICAL THERAPIST.

Hip Mobility Drills

Hip mobility is important for proper posing technique and to help make our walk and transition movements graceful, fluid, and natural. If you struggle with hip movement in your posing, these three drills can help.

DRILL 1

Make a box with your hips, that will eventually turn into a circle.

1. Stand shoulder width apart, upright, neutral spine, no arching, soft bend in knees
2. Shift hips forward
3. Shift hips right
4. Shift hips back
5. Shift hips left
6. Shift hips forward again

Set timer for 1 minute and complete these steps until time is up. Repeat as many times as you'd like.



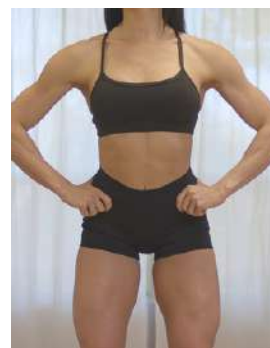
Hips Neutral



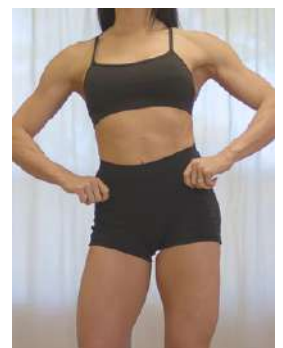
Hips Forward



Hips Left



Hips Back



Hips Right

Hip Mobility Drills

DRILL 2

Hip hikes side to side

1. Stand with feet 2-3 inches apart
2. Hike hip left, left foot heel lifts, keeping knees straight, no bending of the knees
3. Hike hip right, left foot heel drops, and right foot heel lifts, keeping knees straight

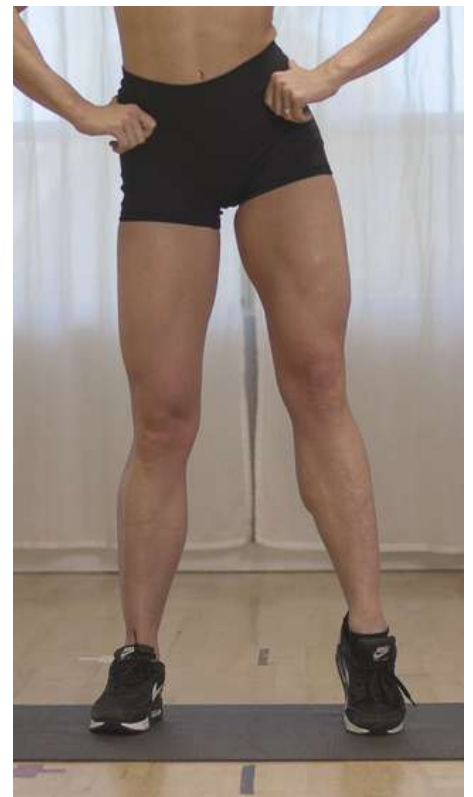
Set timer for 1 minute and complete these steps until time is up. Repeat as many times as you'd like.



Neutral Stance



Hip Hike Left



Hip Hike Right

Hip Mobility Drills

DRILL 3

Half circle with hips

1. Stand shoulder width apart
2. Plant feet with straight legs, no bent knees
3. Arch low back, lifting glutes (anterior pelvic tilt)
4. Swing glutes in arched position to the right and then swing to left without dropping glutes, making a half circle

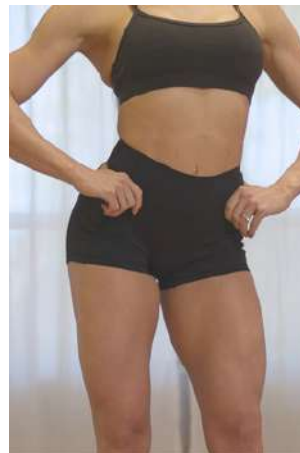
Set timer for 1 minute and complete these steps until time is up. Repeat as many times as you'd like.



Neutral Stance



Ant Pelvic Tilt



Hip Swing Left

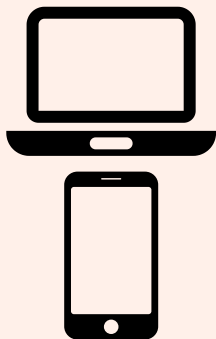


Hip Swing Right

You can use these drills right before each posing practice session to help warm up and loosen the muscles we use in posing.

Thank You!

Thank you for purchasing the *Posing Mobility Guide*!
We strongly encourage you to use these posing mobility and core control recommendations to help you achieve becoming an elite level poser!



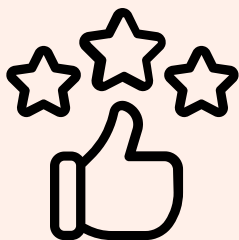
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Feedback

Resources

The *Posing Mobility Guide* is one small part of this journey, be sure to check out our additional posing resources for everything you need to know about competitor FAQs, posing mobility, core control, division criteria, posture, walking technique, poses, transitions, individual routine, what happens on stage, how to perform, and how to structure your posing practice!

Visit our website for additional posing resources and coaching:

www.performanceposing.com

- eBooks and Posing Guides
- Online Posing Courses
- Posing Video Critiques
- Posing Sessions
- Group Posing Classes

Follow Performance Posing on Instagram for updates and posing tips: [Performance Posing Instagram](#)

Stay up to date with the industry by visiting and following NPC and IFBB:

- NPC Website: [NPC](#)
- IFBB Website: [IFBB Pro League](#)
- NPC Instagram page: [NPC Instagram](#)
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