



LEVEL 1 POSTURE

Program built for diagnosis:

Poor Posture.

Lenth Level 1

2-4 weeks

Purpose/Goal

Reduce stress + tension, increse overall movement

Part 1

Day 1

Full recovery

Day 2

Neck mobility

Day 3

Back activation

Day 4

Full recovery

Day 5

Shoulder activation

Day 6

Hip flexor or rest

Day 7

Full recovery

Program Recommendations

Repeat until pain is max
0-3/10 and you can perform
most movements without
issues

Live Classes

No

Recovery

No recovery time needed
when you are ready to
progress to the next level
pre-built program

Tips

If you need more movement
then on Day 6 choose the
class over rest