



Program built for diagnosis:

Poor Posture

Lenth Level 1

8-12 weeks

Purpose/Goal

Build back stregnth help with spinal posture

Part 1

Day 1

Back strength

Day 2

active
recovery day

Day 3

OVH press/pull

Day 4

Your choice

Day 5

Wheel

Day 6

Back strength or
ovh press/pull

Day 7

Full recovery

Program Recommendations

None

Live Classes

Yes!!

Recovery

Yes: 2 week break before leveling up or repeating the cycle. Use lower level classes or other low impact movement

Tips

Your choice day: any level, live class, outside work, recovery

LEVEL 3 POSTURE