



LEVEL 4 POSTURE

Program built for diagnosis:

Poor Posture

Lenth Level 1

4 weeks

Purpose/Goal

Use the strength and skill you have developed to challenge your fitness

Part 1

Day 1

Active
Recovery

Day 2

Live Class

Day 3

Your Choice

Day 4

Live Class

Day 5

Live Class

Day 6

Any Mid back/shoulder
L4 class

Day 7

Full recovery

Program Recommendations

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

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

You can also use lower level class to continue to fine tune you body awarenss and strength, great for your active recovery days