



LEVEL 2 POSTURE

Program built for diagnosis:

Poor Posture

Length Level 1

6-8 weeks

Purpose/Goal

Increase spinal mobility and reduce shoulder and hip tension

Part 1

Repeat for
2-4 weeks

Day 1

Active recovery or
full recovery

Day 2

Dolphin or
live class

Day 3

Bound Angle

Day 4

Your choice

Day 5

Mermaid or
Camel

Day 6

Bound Angle

Day 7

Full recovery

Part 2

Repeat
for 4 weeks

Day 1

Active recovery or
full recovery

Day 2

Plow

Day 3

Overhead Press/Pull
or pushing

Day 4

Your choice

Day 5

Mermaid or
Camel

Day 6

Row

Day 7

Full recovery

Program Recommendations

Progress to week 2 program
when you are performing
exercises in week 1 pain free
with minimal modifications

Live Classes

Yes

Recovery

No

Tips

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