

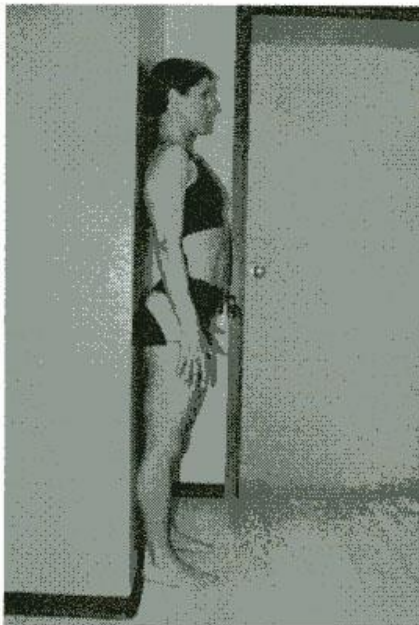
Gluts, Abs and Front Neck – Posture Wall Strengthen

Advice: Avoid pain. If an exercise causes you pain or other problems stop doing it. Allow yourself sufficient time to recover. Next time you repeat it, do it 50% more gentle (less power/ less repetitions/ less movement). If you have problems, please seek advice. **Keeping a good posture throughout when doing this exercise is crucial. Have someone with expertise have a look at you doing it before you introduce to your routine. Remember you need to aim for no more than 50% of your maximum.** See our 'Physical Rehab Advice' sheet for deciding on your reps.

The Wellness Practice™ AHC Wall Exercise

- Place heels, buttock, upper back, and head against wall.
- Bring arms up with right angles at shoulder and elbow and externally rotate at elbow to bring forearms and back of hand against the wall while keeping the elbows against the wall.
- Tuck chin slightly to create flexion in upper cervical spine.
- Relax and inhale, exhale slowly while pressing back of head and arms against the wall.
- Progress slowly in terms of number of repetitions and force applied; Hold for 30 seconds.

Relax and Inhale



Exhale and Press Arms E



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