

Posture Workshop



<http://youtu.be/SUuToYZYxY8>

Above is a private video link to our CoreAthletics Posture Workshop

This workshop will increase effective technique for lifting weights, stunting, and tumbling.

Take 4 minutes to perform these drills 3 times a week.

Participants need to feel where their body should and should not be positioned.

Keep in mind to breathe in your nose and out pierced lips at a steady pace during these drills.

Each exercise lasts 3 sets of 3 seconds good position and 3 seconds poor position:

- 1) Muscle Contractions - 3 sets Upper, 3 sets Lower, then 3 sets Full Body Contraction
- 2) Ankle Rolls - Outside of feet is Good; Inside of feet is Poor
- 3) Leg Rotation - Knees out is Good; Knees in is Poor
- 4) Hip Tilt - Under is Good; Out is Poor
- 5) Spine - Straight is Good; Arched is Poor
- 6) Shoulder Rotation - Elbows in is Good; Elbows out is Poor
- 7) Chin Tilt - Eyes by arms is Good; Head back is Poor
- 8) All Together - Hold all Good Positions then Relax
- 9) Body Positions - Apply above Techniques to Movement
- 10) Visualize - Picture how your body looks in these Positions for 15 seconds

The preceding is a chain of events. If one link in the chain is broken, the entire process will be effected.

Here is Why:

- 1) Muscle Contractions – Sending a message from the brain to a muscle improves coordination
- 2) Ankle Rolls – Weight on the outsides of the feet allows better use of the glute muscles
- 3) Leg Rotation – Contracts the glutes which is the powerhouse of the lower body
- 4) Hip Tilt – Aligns the spine so heavier loads can safely be placed higher on the body
- 5) Spine – Puts the shoulders in a more effective position to hold weight overhead
- 6) Shoulder Rotation – Stacks joints so loads are taken on by bones rather than fatiguing muscle
- 7) Chin Tilt – Assists in spinal alignment to ensure safety in holding heavier loads
- 8) All Together – Repetition encourages muscle memory so good positioning is second nature
- 9) Body Positions – Practice these principles during movement to keep it practical
- 10) Visualize – Aligning your mind and body means faster understanding and results



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