

Life Extension Exercises



WHY:

- Most of us spend our modern days in front of computers, TV, driving...etc.
- These activities & constant postural STRESSORS that pull your head & trunk into flexion which RUINS your SPINE.
- Adding extension to your spine will increase proprioception (positive body/brain stimulation) & decreases nociception (negative (pain) body/brain sensation).
- **Extension to Your Spine = Extension to Your Life**

WHEN: At the end of every 1 hour of sitting (toxic posture)

HOW:

Before you begin, You must **Assume Proper Posture**

1. Stand up Straight
2. Heart Up (breast bone pointing toward sky @ 45 degrees)
3. Abs Tight & Very slight bend in Knees

Position Y: (YOU)

1. Arms in Y position
2. Shoulders back and down. (picture tucking them into your back pockets)
3. Push Chin toward Sky (don't let head fall back, actively PUSH = neck extension)

Take 2 deep breaths into your belly keeping your abs tight

Position W: (Will)

1. Elbows into ribcage
2. Shoulder blades back and down
3. Imagine someone pulling thumbs back while keeping elbows tight to body.
4. Head in neutral

Take 2 deep breaths into your belly keeping your abs tight

Position T: (Thrive)

1. Arms out wide
2. Palms up (as if you were balancing a cup of water in each hand)
3. Shoulder blades back and down

Take 2 deep breaths into your belly keeping your abs tight

Position L: (Longer)

1. Elbows into ribcage
2. Shoulder blades back and down
3. Palms up (as if you were balancing a cup of water in each hand)
4. Imagine someone pulling thumbs back while keeping elbows tight to body
5. Push Chin toward Sky (don't let head fall back, actively PUSH = neck extension)

Take 2 deep breaths into your belly keeping your abs tight