



Head to wall in standing



GOAL

Primary: Improve posture
Secondary: Build muscles

TARGET AREA

Spine/Core

DESCRIPTION

This exercise helps prevent or decrease a stooping posture and strengthens postural muscles of your upper back.

HOW TO

Being by standing with your back and heels against a wall

1. Gently tuck your chin and pull your head back toward the wall
2. Relax your chin allowing your head to move forward slightly

Repeat

REPETITIONS

3x5"