

# 1

## Standing at Wall

prepared for Testpeople Workshop



Hold this eCise for 02 min.

### Instructions:

1. Stand against the wall with your feet pointed straight ahead and hip width apart.
  - Hip width apart would be equivalent to your big toes being the width of your fist apart.
  - Your hips and upper back will be on the wall but we want your head in a comfortable position so that your eyes are looking straight ahead to the horizon.
  - In many instances when people try to put their head against the wall they end up looking up at the ceiling because their neck is under stress.
  - In this exercise your head will go back to the wall eventually as the upper back changes position.
2. Relax your stomach and your arms and allow your body to adjust to this new position
3. Remember to keep your feet pointed straight ahead and your stomach relaxed throughout the e-cise

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4. Hold as directed on your menu

### **Fun Facts:**

This exercise promotes proper positioning of all load joints with the wall as the map.

## 2

## Standing Scapular Contractions

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Do 3 sets. Each set consisting of 20 repetitions.

### Instructions:

1. Stand with your feet pointing straight ahead and hip width apart
2. Squeeze and release your shoulder blades together
  - Back and down, NOT up and down
3. Repeat as directed on your menu

### Fun Facts:

This exercise promotes proper scapular position and thoracic extension

### 3

## Standing Gluteal Contractions

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Do 3 sets. Each set consisting of 20 repetitions.

### Instructions:

1. Stand with your feet pointed straight and hip width apart
2. Squeeze and release your buttocks muscles
  - Do not contract your stomach muscles nor your thigh muscles; they should be relaxed
  - If it seems too difficult, point your feet outward 45 degrees for the first set and then straighten your feet up for subsequent sets
3. Repeat as directed on your menu

### Fun Facts:

This exercise promotes proper weight distribution in a standing position

## 4

### Sitting in Extension

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Hold this eCise for 03 min.

#### Instructions:

1. Sit in the middle of a chair with your feet pointed straight ahead, 4-6 inches apart.
2. Let your arms hang down at your sides.
3. Roll your hips forward to place an arch in your low back.
4. Hold as directed on your menu.

#### Fun Facts:

This exercise transfers the work from the lumbar spine to the pelvis

## 5

### Sitting Isolated Hip Flexor Lifts

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Do 3 sets. Each set consisting of 20 repetitions.

#### Instructions:

1. Sit in the middle of a chair with your feet pointed straight ahead, 4-6 inches apart.
2. Let your arms hang down at your sides.
3. Roll your hips forward to place an arch in your low back.
4. Lift the heel off the floor on the non moving leg throughout the set.
5. Lift the opposite foot 3 to 6 inches off the floor and then return it back to the floor.
  - Use your front hip muscles to generate the movement.
  - Maintain the arch in your back, keeping your hips rolled forward throughout the exercise.
  - It may be beneficial to sit facing a mirror to observe if your upper body is offsetting away from the working leg/hip, try to prevent this from happening.
6. Switch sides and repeat as directed on your menu.

#### Fun Facts:

This exercise promotes proper function of the lumbar erectors for stabilization through unilateral hip demand