

1

Sitting in Extension

prepared for Testpeople Workshop



Hold this eCise for 01 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

2

Sitting Arm Circles

prepared for Testpeople Workshop



Repeat this eCise 25 times

Instructions:

1. Sit in the middle of a chair with your feet pointed straight ahead, 4-6 inches apart.
2. Roll your pelvis forward to place a small arch in your low back and hold this position throughout the e-cise.
3. Squeeze your shoulder blades together and extend your arms straight out from your sides up to shoulder level.
4. Curl your fingertips to your palms in a golfers grip, point your thumbs out straight ahead.
 - During the e-cise be sure to keep your arms straight and at shoulder level..
5. With palms facing down and thumbs pointing straight forward rotate your hands up and forward in approx. 6 inch circles and continue as directed.
6. Then reverse direction: palms should now face up, with thumbs pointed straight backward. Rotate your hands up and backward, continue as directed.

Fun Facts:

This exercise promotes bilateral pelvic extension and proper function between the upper and lower body

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3

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

4

Sitting Chair Twist

prepared for Testpeople Workshop



Hold this eCise for 00 min. 30 sec.

Instructions:

1. Sit in the middle of a chair with your feet pointed straight ahead, 4-6 inches apart.
2. Roll your hips forward to place an arch in your lower back.
3. Remain sitting straight and reach behind you with one arm as the other arm is resting on the side of your lower thigh.
4. Twist in that direction and hold as directed on your menu.
5. Repeat on the other side.

5

Sitting Cats & Dogs

prepared for Testpeople Workshop



Repeat this eCise 10 times

Instructions:

1. Sit in the middle of a chair with your feet pointed straight ahead, 4-6 inches apart.
 - Your arms can hang loosely to the sides, or be placed in your lap.
2. For the CAT position: Roll your hips backward to take the arch out of the back.
3. For the DOG position: Roll your hips forward to place the arch into your low back.
4. Slowly move back and forth between the Cat and Dog positions.
5. Repeat as directed on your menu.

Notes:

- If directed to do so - drop your head for the Cat position and look up for the Dog position, otherwise look straight ahead throughout the e-cise

Fun Facts:

This exercise promotes flexion and extension of the entire spine by initiating pelvic flexors and extensors