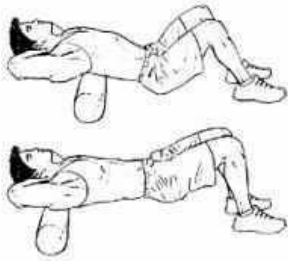


Upper-Crossed Syndrome Warm-up

Abs, Back, Chest, Shoulders

Hold each static pose for a minimum of 60 seconds. Each foam rolling stretch should also consist of 60 seconds of movement.

Foam Roller Upper Back Stretch



60 secs

Cobra Abdominal Stretch / Old Horse Stretch



60 secs

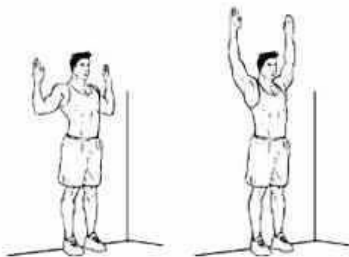
Neck Stretch



60 reps

60 secs per side

Wall Angles



60 secs

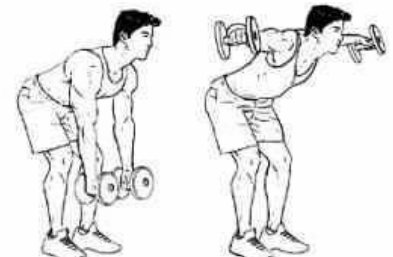
Keep your head against the wall

Supermans / Extended Arms & Legs Lifts



2 sets 12 reps 60 sec rest

Dumbbell Bent Over Lateral Rear Delt Raises / Flyes



2 sets 12 reps 60 sec rest

Use a light weight (3 - 6 kg).

Dumbbell Floor Chest Press



2 sets 16 reps 60 sec rest

Use a light weight (5 kg) and ensure your head remains on the floor.