

Isometric Resisted Cervical Retraction



Brugger Phasic Muscle Upper Body Exercise



Hip Hinge Squat



Warrior Hip Flexor Stretch

Pivot Prone



Resisted



Posture Press



Cervical Stabilization



9 Ways Excessive Sitting Can Harm You.

HEAD

Sitting for long periods of time can cause blood clots to form which can travel to the brain causing a stroke.

LUNGS

You are twice as likely to develop a pulmonary embolism, or blood clot, if you sit most of your day.

ARMS

The reduction of physical activity leads to hypertension or high blood pressure.

STOMACH

Excessive sitting contributes to obesity & colon cancer. Enzymes in the blood vessels of muscles responsible for burning fat shut down leading to the disruption of the body's method of metabolizing fuels.

FEET

Numbness in the feet can be caused by poor circulation. It can also cause nerve damage or pressure on nerves when you sit for long periods.

NECK

Fluid retained in the legs during the day moves to the neck at night & contributes to sleep apnea. Neck Muscles are stressed leading to pain.

HEART

People who live a sedentary lifestyle are up to twice as likely to die or develop diabetes and heart disease than those who move frequently.

LEGS

Fluid collects in the legs during sitting. Standing & walking helps pump it through your body.

BACK

Sitting for long periods of time place a high amount on the spine. Over time, sitting can result in compression of the spinal disks. Because muscles are tight from pressure, sudden movements can lead to injury.

