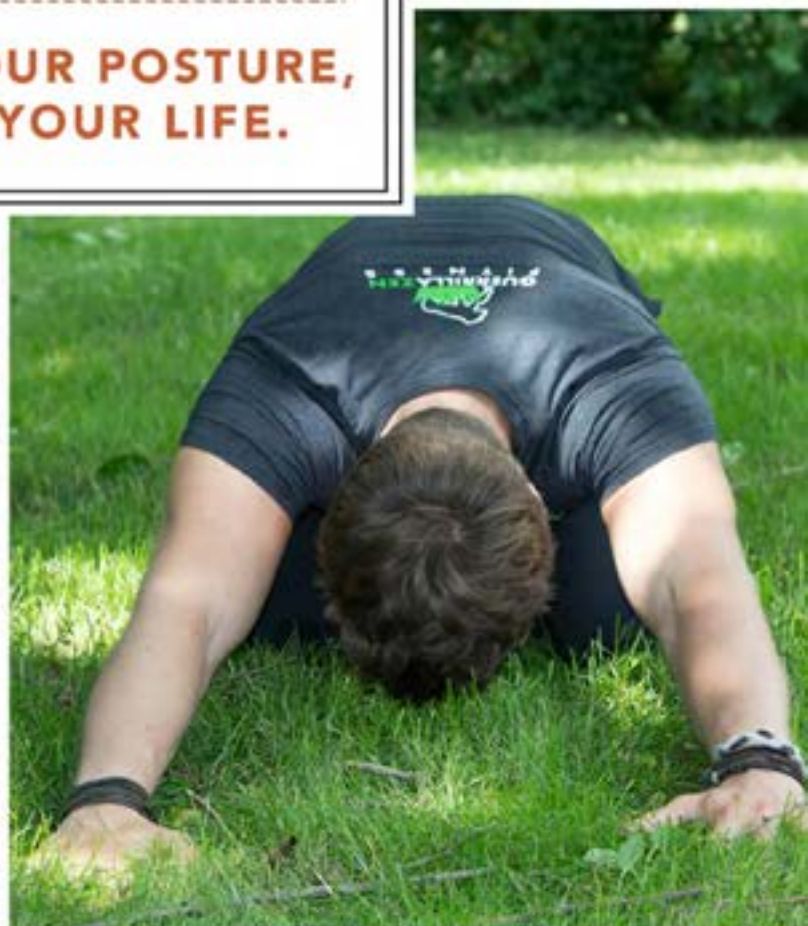




# POSTURE THE ULTIMATE LIFE HACK

IMPROVE YOUR POSTURE,  
IMPROVE YOUR LIFE.



**BLAKE BOWMAN, HOLISTIC PERSONAL TRAINER**

# POSTURE

# THE ULTIMATE LIFE HACK

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# INTRODUCTION

Hey there,

First of all, I want to thank you for downloading this free posture guide. I know you are going to take away A LOT of valuable information from this and I'm happy you're here.

Before moving forward though, I am going to set the context for you and tell you how I first became interested in posture.

Like most people in the world today I have spent a fair amount of time sitting. I sat in high school, I sat in college, and then I graduated and began sitting some more. I have spent a lot of time in hunched positions reading, texting, and just getting work done.

In conjunction with my chronic sitting habit, I have also always been an athlete. Ever since I was 4 or 5 playing soccer all the way up to my current age (25) I participated in mostly strength training and martial arts, so movement has been a crucial part of my life.

I became a certified personal trainer through the National Academy of Sports Medicine when I was 19, and I have been working with clients ever since then.

It was during my time in college that I became very serious about my strength training. I would often go from sitting in class in a hunched position straight to the gym where I would lift weights for 3 hours.

At the time, I knew my posture was bad, but I really didn't care about it because I was jacked and tan. Why would my posture



matter if I can bench press 225 lbs. for reps and deadlift over 500 lbs.?

During my sophomore year of college something weird started to happen. I started to experience injury after injury with nothing to blame it on. I was getting stronger and stronger in the gym, but more damaged and injured in the process.

This injury cycle eventually peaked in 2011 when I suffered a shoulder injury that left me requiring surgery. After surgery, I was unable to work out again for several months.

Now, this contrast for me was profound. Here I was, a guy that was used to working out almost every day for 3 hours at a time to not being able to do anything for 8 months. Needless to say I became depressed and started asking myself a lot of questions.

Why did this happen to me? How did this happen to me? Could this have been prevented?

During this time period, I turned to the study of biomechanics and posture to find my answers.

What I soon learned is that posture regulates and controls a myriad of bodily functions. It turns out that all of the following are influenced by our posture:

- » Non-Verbal Communication
- » Lung Capacity
- » Cognitive Function
- » Sex Hormone Levels
- » Stress Hormone Levels
- » Circulation
- » Confidence
- » Predisposition To Injury

And these are just a few of the implications our posture has on our bodies.

Now I found myself in a position where I was very interested in posture and helping other people improve their own posture. In the summer of 2011 I earned an additional certification through the National Academy of Sports Medicine in Corrective Exercise. Since that time I have taken a wide variety of anatomy, structural integration, and other similar continuing education classes and courses.

I now own and operate GuerrillaZen Fitness, LLC, which is both a brick and mortar personal training studio, and an online coaching service.

I help my clients not only improve their lives and get healthier, but I also help them improve their posture with corrective exercises. This is a process of identifying muscles that are too weak and long as well as muscles that are too tight and strong, and then doing targeted stretching and strengthening for these muscles.

Through this process, I am able to help facilitate my clients in changing their lives.

Nothing brings me more happiness than helping others in their pursuit to optimal health and living.

I really hope you enjoy this guide!

*Blake Bowman*

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# OVERVIEW

I know you are busy, so I will keep this guide as short and succinct as possible.

Here are the topics that will be covered moving forward:

## **WHY POSTURE IS IMPORTANT**

Here I will dig deeper into the adverse mechanical and hormonal effects of poor posture.

## **THINGS THAT DISTORT POSTURE**

Find out what you are doing on a daily basis that is causing your bad posture. Only with this information will you be able to stop the progression of your bad posture at the root level.

## **CORRECTIVE EXERCISE**

This is the meat and potatoes of the guide. Here I will show you some self-administered corrective exercises that you can do yourself in order to improve your posture. This section is going to be the most detailed and comprehensive.

At the end of the day, I want this guide to serve as a tool that sheds some light on the importance of posture, and then provides you with concrete steps that you can take to improve it.

Like I said, short, sweet, and straight to the point.

Let's get started!

# CHAPTER 1

## WHY POSTURE IS IMPORTANT

I already briefly touched on several reasons why posture is important in the Introduction. However, I would now like to dig deeper into how posture affects others' perception of you, how posture can predispose you to orthopedic injury, and how posture can affect your stress and confidence levels.

### NONVERBAL COMMUNICATION

To begin, nonverbal communication is huge. Dr. Albert Mehrabian who is a respected professor of Psychology at UCLA demonstrated through his research that only 7% of our communication to others is done verbally while the other 93% is nonverbal. The nonverbal component is made up of body language/posture (55%) and tone of voice (38%).

This means that half of our communication efforts to others are conveyed directly through our body language and posture.

Think about the message you are sending to someone with

your head hanging down, with your shoulders rounded and rolled forward.

Do you think you are sending out a message of confidence and pride? Do you think that you look happy, capable, and effective in this position?

It is literally in the science. It does not matter much what you decide to say and how you decide to say it. What matters is the position you are in when sending these messages.

Your position and posture speak much louder than your words do.

Imagine walking into a job interview that you have been excited

**ONLY 7% OF  
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to attend for an entire month. You walk in there knowing that you are qualified for the job, you have the knowledge and experience that no one else does, and you want it more than anyone else.

The only catch is that you have been working at your computer for a week straight improving your resume, reaching out to friends within the company, and doing research on the company itself. After all of this sitting, you find that your posture has suffered quite a bit. You notice a hunch in your upper back and your head and shoulders both seem to fall forward.

You notice all of these things prior to the interview, but you brush them off as being not important because it is your experience, knowledge, and skill that will differentiate you from other people.

The interview goes well. You answer all the questions right, the employer seems impressed with your resume, and you are told that you will receive a call back from them if you are accepted.

As you say goodbye to the receptionist at the front desk near the entrance, a young man walks in with his head up high, his shoulders rolled back, and with his chest out. This person appears to be very tall and confident.

You know this person. You also know that he is not as qualified for the position as you are. You know that while you are close in skill level, your workmanship in the past is objectively more impressive than his. You are not 3 times better than he is, but if this was a foot race you would win it by a hair.

For an entire week after the interview, you are anxiously awaiting a phone call from the company telling you that you have been offered the position. As you are sitting there at your computer, you receive an email informing you that you have not been offered the position but the company is grateful for your interest in working for them. A couple of days later your friend in the company tells you that it was your under qualified acquaintance with good posture that was offered the job.

You are extremely upset to hear this news because you KNOW that you are more qualified for that position.

Does it ever occur to you that you might have been sending the WRONG message? You had all the skills and knowledge needed to acquire that job, but perhaps you weren't communicating that properly.

Perhaps you were communicating a message of incompetence and lack of confidence while your competitor was conveying a message of effectiveness and dominance.

The point I am trying to make here is that you may be sending out messages that are sometimes not even intended. In the imagined scenario above, you were not trying to send messages of incompetence and lack of confidence, but you did this anyway with your body language and posture.

Simply put, you should be in CONTROL of all of the messages that you send out to people both verbally and non-verbally. Imagine how different your life can be if you stop sending people unintentional negative signals through your body language.

I think it is time to convert your posture from a negative signal sender, into a positive signal sender. If you can do this through the techniques I will lay out later in this book then I promise you that your life will be very different.

### **MECHANICAL PERSPECTIVE**

I'd now like to talk about other ramifications of poor posture and how having it can predispose you to injury. This is something that most people don't know, including myself back in college.

During my time spent in recovery from my shoulder surgery as I was devouring books and research on physical therapy, biomechanics, and posture I discovered something that forever changed my perception on human movement and joint health.

What I discovered is that the human body is much like any

complex piece of machinery. There is an optimal way for all of the components of the body to line up with one another in order to function properly.

If there is misalignment present in the body, then any and all movements with that comprised position will also be compromised. This results in increased mechanical stress being placed on the joints which eventually leads to injury.

Like I said, this was a profound realization for me because it instantly provided me with a reason as to why I was getting injured.

Think of this alignment relationship like that of wheels in a car. If your wheels are not aligned properly it might not seem like that big of a deal at first. It won't even obstruct you from driving.

In fact, you may be able to drive 1,000, 3,000, maybe even 10,000 miles on it, but sooner or later there will be a mechanical breakdown and dysfunction as a result of the misalignment.

The human body is no different in this respect. To make matters worse, the more active you are with your body with these mechanical misalignments the more mechanical stress goes onto your joints, and the faster your rate of injury.

So that is the mechanical perspective as to why having poor posture is bad. We're now going to quickly move into how it affects your hormones and then I will start discussing ways to improve your posture starting today.

### **HORMONAL PERSPECTIVE**

In 2012, Harvard Business School did a study on what they referred to as "power posing". What this study entailed was examining the effects of several different postures or "poses" on the hormonal system of the participants.

What the study came to discover was absolutely mind blowing. Essentially what they found out was that putting people into

good posture characterized by being expansive and having open shoulders and chests actually increased testosterone by 25% and decreased cortisol by 20% in as little as 2 minutes.

What does this mean?

Well, testosterone is your male sex hormone. Despite being called the male sex hormone, both males and females have it, men just have a bit more. This hormone is responsible for things like aggression, confidence, energy, sex drive, and dominance. The study actually refers to this hormone as the dominance hormone which I think is pretty interesting.

Cortisol, on the other hand, is your stress hormone. When there is an imbalance of this hormone where it is very high, this is what is responsible for people feeling stress and anxiety. Obviously, this is something that most people could benefit from by keeping it in check.

So the study basically showed that good posture will actually increase your confidence and dominance while simultaneously reducing your stress load.

The study went on to find an inverse relationship with poor posture. What they discovered is that poor posture made people's cortisol increase and testosterone decrease, making them MORE stressed out and less confident at the same time.

Now coming back to the job interview example imagine how much better (in terms of confidence and dominance) your fellow job interviewee felt in relation to you.

You literally walked in there with a predisposition to experiencing high stress and low confidence while he walked in there with the exact opposite.

You were at a disadvantage before that interview even started.

You now have a few super important reasons to start addressing your posture.

## **POSTURE: THE ULTIMATE LIFE HACK**

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What you have learned so far is that poor posture will send out negative messages on your behalf, predispose you to injury, and make you more stressed out and less confident.

What other reasoning do you need to start making your posture a priority?

# CHAPTER TWO

## WHAT'S RUINING YOUR POSTURE

I have been helping people improve their posture for several years now. While there are varying causes of poor posture, there are certain causes that are fairly common and these are as follows:

- 1) Excessive Sitting
- 2) Imbalanced Strength Training Routine / Movement Habits
- 3) Non-Awareness of Postural Positioning
- 4) Distressed/Depressed Emotional State

Now on the surface these things may all seem very different from one another. What does excessive sitting have to do with imbalanced strength training and a distressed emotional state?

All of these things are potential causes of muscular imbalances. A muscle imbalance is typically characterized by having certain muscles on the body being too tight and strong, and other muscles being too long and weak. Since muscles attach to our bones via tendons, they have a great influence over our structural (bone) alignment and posture.

Imagine having a bunch of rubber bands attached to your shoulders that are pulling them down and forward into a rounded position. Now imagine trying to have "good posture" in the presence of these bands. It would be pretty hard, right? Believe it or not, this is very similar to the way our muscles act on our joints. I will talk more about this later on, but for now let's dig into what causes these nasty muscular imbalances to form in the first place.



### EXCESSIVE SITTING

Putting aside the fact that sitting is unnatural and it's something that our ancestors never did, sitting also conditions our bodies to be messed up.

In order to explain why sitting is bad, it is important that you understand the fact that the tissues (muscles and fascia) in our bodies adapt to the positions that we put them in. The longer we hold a certain position, the more tissue adaptation occurs. Tissues can become adaptively shortened or adaptively lengthened depending on the position.

What happens when you are sitting is your hips are in flexion (bent). What this does is it makes the muscles that normally flex the hip become shortened and overactive, and it also makes the muscles that extend (straighten) the hips become weakened and elongated.

This imbalance where the gluteals are weak and hip flexors are short and tight is very common and causes the infamous anterior pelvic tilt (ATP). An ATP will exacerbate any back pain that you are experiencing, as well as potentially causing back pain in the first place. I will discuss the ATP more in the next chapter.

To make things worse, because the pelvis sets the position for the rest of the spine, if it is tilted forward it makes everything want to move forward or compensate for the position set by the pelvis. This can cause increased mechanical stress on your knees, the rounding of the upper back, and a forward head posture.

In short, you want to ensure that your pelvis is in a good position for the sake of the rest of your body.

A couple of ways you can negate the damaging effects of sitting are to stand at a standing desk. This will keep your hips extended and stop the formation of ATP (assuming you are standing right). If you are unable to acquire a standing desk then a kneeling chair is your second option. If this is not even an option for you

then one technique you can use is to stand up every 20 minutes, walk around, and stretch the hip flexors. This will go a far way in disrupting the formation of these muscular imbalances in the first place!

### **IMPROPER/IMBALANCED STRENGTH TRAINING**

This is another big problem for a lot of people. What is happening when you flex (contract) your muscles when you are lifting weights is you are shortening them to produce mechanical force.

This is all well and good assuming you are doing it in a balanced fashion. Because our tissues like to adapt to our posture and repetitive movements, you can develop muscular imbalances similar to the hip thing discussed previously by overtraining certain muscles over others.

A common example of this is the “bro physique” (technically called thoracic kyphosis). Have you ever seen a teenager or college kid who goes to the gym all the time and only trains his chest and biceps? Maybe he throws in some shoulder exercises in there too?

It is likely that this person will have overdeveloped pectoral muscles (chest muscles), a rounded upper back, and shoulders rolling forward. This is because that person has overdeveloped their chest muscles in relation to their upper back muscles (scapular retractors). This creates tightness in the chest without opposing tightness in the back, thus resulting in the pulling forward of the shoulders.

Now, for the most part, if you are doing an equal blend of pushing, pulling, and squatting exercises without giving priority to one or the other then your workout split won't be that bad.

However, I will say that if you have postural distortions caused

by sitting and having bad posture while you are sitting, then you need to be aware of your muscular imbalances and make sure you are addressing them with corrective exercise which will be discussed further in the guide.

In short, just make sure you are not only training chest and biceps. You should have a well-rounded strength training routine that brings balance to your body. If you are not capable of planning that for yourself, then have a professional help you out.

### **NON-AWARENESS OF POSTURAL POSITIONING**

This is another big one. There needs to be an awareness of postural positioning on a daily basis before anything can be improved. Don't get me wrong here, being aware of your posture won't fix your posture (because of the likely soft tissue restriction), but it is the first step and prerequisite. I don't think this will be a big issue for you though because you are obviously interested in improving your posture because you are reading this guide.

However, there are probably a few instances during the day when even YOU are not aware of your positioning and your body's adaptive efforts.

One of the BIGGEST places that is overlooked is sleeping positions. As I said earlier, the longer we hold a position, good or bad, the more tissue adaptation occurs (either shortening or lengthening). Now think about how big of an impact sleeping can have on your posture.

People lie in bed for typically 8 hours! That's 8 hours of tissue shortening and lengthening. Ever slept in a funky position to wake up feeling "off" and out of alignment the next day? This is because of your messed up sleeping position.

In an ideal world, I would recommend you sleep on your back with an orthopedic pillow supporting your head. Sleeping on your side

or stomach is a no-no.

Another area where people are not typically aware of their posture is during exercise. It's easy to think about posture when you see yourself in the mirror, but what about when you are actually exercising?

This is a crucial time to work on your posture because your muscles and nervous system learn to fire and contract in association with other muscles and adjust the lengths that they are at.

In short, if you train in a messed up postural position then you will be reinforcing that posture.

Train with good posture to have good posture. Train with bad posture to have bad posture. It's that simple.

Lastly is your posture at work. Now this is a place where many people know they have bad posture and where they temporarily remember their posture, only to forget about it once they become absorbed with their work again.

It is important that you take every step in your power in order to be aware of your postural position at work so that the tissue adaptation is working to your benefit and not as a hindrance.

I have a video on my youtube channel called "How To Sit Properly" that I highly encourage you to look up!

### **DISTRESSED / DEPRESSED EMOTIONAL STATE**

This is where it might seem a little woo-woo, but I ensure you there is science verifying what I will be talking about here in the field of psychosomatics (the relationship between the body and the mind is the focus of study).

We have already learned a bit about what posture can do to our hormones, either making us more confident, assertive, and less stressed or the exact opposite.

It turns out that there is also a link between the emotional, psychospiritual state and posture. This is something that is a two-way street.

Imagine seeing someone who just got a divorce, not by his choosing, with a woman whom he is still deeply in love with. This person is VERY depressed and sad. What kind posture does this person have at this present moment?

I can almost guarantee you that he will have rounded shoulders, a rounded upper back, and a forward head posture.

As we know now, this is a low power position which will lower his testosterone and increase his stress on top of his new found depression.

God. What a horrible combination of things to experience all at once!

Depressed people tend to have a depressed posture as noted above. You can get a standing desk, you can work out in a balanced way, and you can even perform corrective exercises on yourself and still not see an improvement in your posture IF you are carrying around negative emotional baggage.

This is something easier said than done, but it is certainly worth mentioning because you are someone interested in improving posture.

I am no psychologist or self-help guru, but I suggest you seek out the help from these types of people (maybe even get a few books on self help) if you are dealing with depression and unaddressed emotional issues.

In doing so, you will find that your efforts will improve your posture, and it will come about a lot more easily.

On a concluding note, it is muscular imbalances that distort our posture. These muscle imbalances come about in a variety of ways, most commonly discussed above.

Once you have addressed everything discussed above, then you will be ready to move on to some corrective exercises which we will move on to right now.

I want to reiterate this again though before moving forward: If you do not stop doing the things that are causing your posture to become distorted in the first place, then there is no point in performing these exercises.

If you are trying to make a lasting impact on your posture and health then it is time that you reevaluate all of the things discussed previously.



## CHAPTER THREE

# HOW TO FIX YOUR POSTURE

What I am going to show you now are corrective exercises that you can use to fix several very common postural distortions. Keep in mind here that these may not be specific to you at all. What I am addressing here are some of the most common postural issues facing people in today's day and age, but because everyone's situation is different, everyone's postural distortions will be different too. It's going to be up to you to decide whether or not these are the right exercises for the particular postural issues you are addressing.

We will be addressing

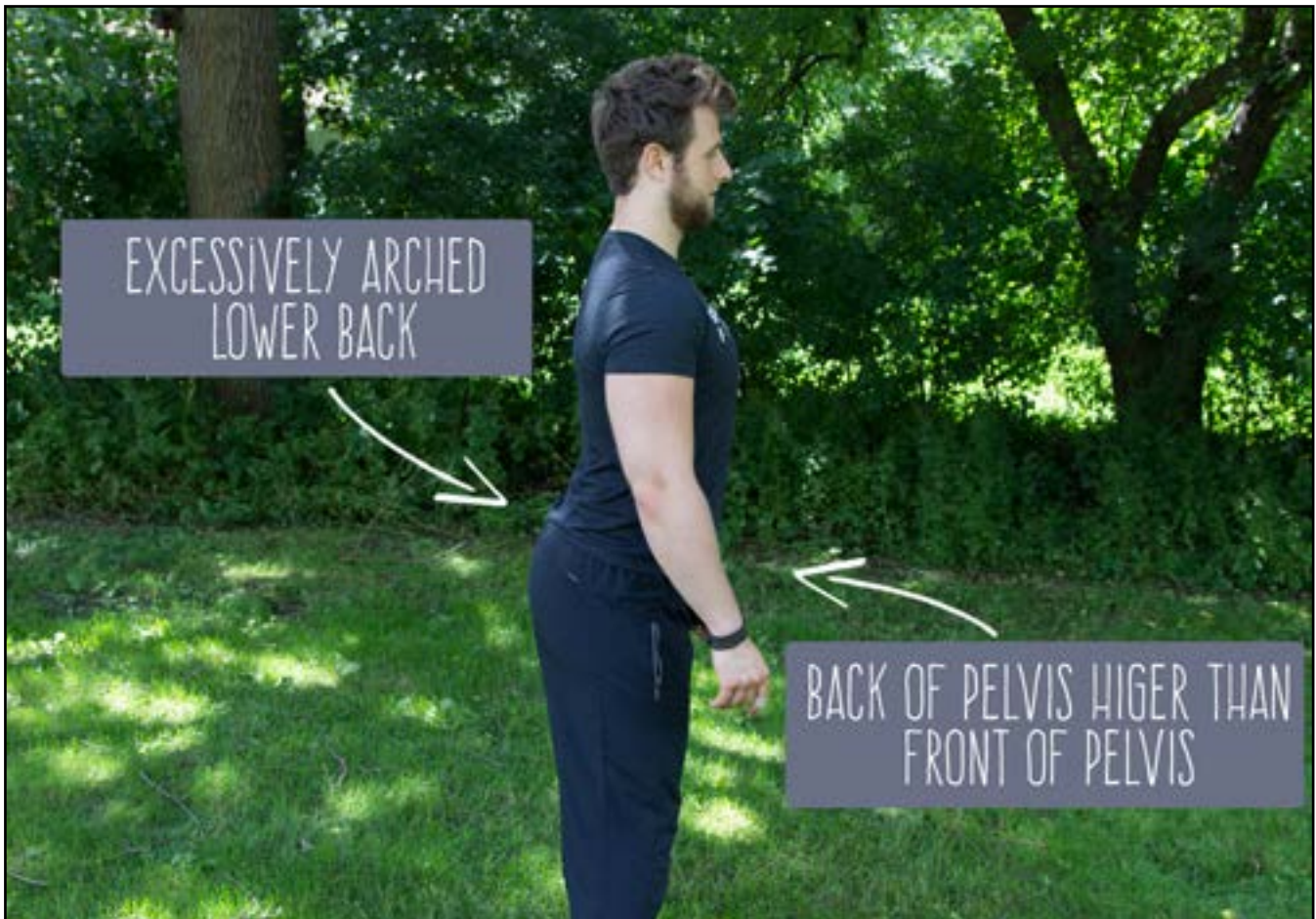
- » **Anterior pelvic tilt with accompanying hyper lumbar lordosis**, i.e. forward tilted pelvis with severely arched lower back
- » **Kyphosis of the thoracic spine**, i.e. rounding of the mid and upper back)
- » **Forward head posture**

It is important that you verify and know for sure that you have these postural distortions before you go and try to fix them. Many people make the mistake of determining they have a particular postural distortion when, in fact, they don't. If you are doing corrective exercises to fix something that you don't have then you are making the situation even worse.

For this reason I highly recommend you seek the help of a professional like a physical therapist or a qualified personal trainer such as myself to help you determine exactly what is going on. With all of that being said, these 3 postural distortions are some of the MOST common ones. If you sit for long periods of time, more than an hour per day, then it is highly likely that you have developed at least one of the below postural distortions).

## ANTERIOR PELVIC TILT

Let's start by addressing the dreaded anterior pelvic tilt. This sucker is characterized by the front of the pelvis being lower than the back of the pelvis. In other words, the pelvis will be tilted forward (anteriorly) causing the butt to stick out and the lower back to arch excessively.



This type of imbalance is the number one culprit behind exacerbated back pain and lower back tightness.

The forward tilt is caused by tightness in the hip flexors and thighs, as well as tightness in the lower back in conjunction with weakness in the butt muscles as well as the core muscles.

In order to fix the alignment and achieve a more neutral position, the goals of the corrective exercise routine will be to strengthen the glutes and core, as well as elongate, stretch, and shut down the tight hip flexors and lower back.



## LENGTHENING EXERCISES

Begin by addressing and stretching the hip flexors with these two stretching exercises. Hold and perform each one of these exercises for 2-3 sets of 30-60 seconds each.

### STATIC HIP FLEXOR STRETCH



### STATIC COUCH STRETCH

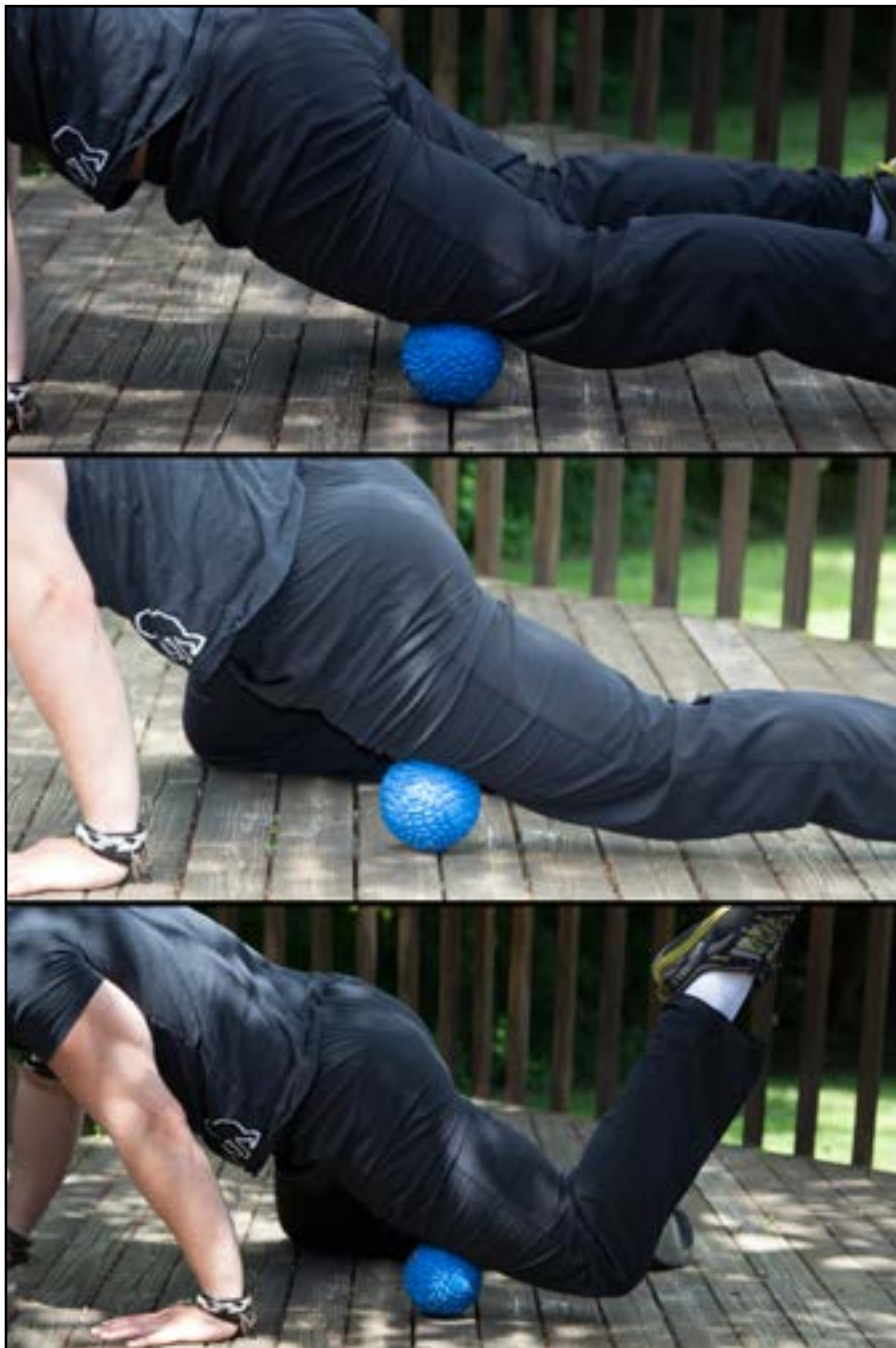
SIMILAR TO THE STRETCH ABOVE, THIS ALSO STRETCHES THE HIP FLEXORS, BUT PRIMARILY A MUSCLE THAT RUNS RIGHT DOWN THE CENTER OF YOUR THIGH CALLED THE RECTUS FEMORIS.

PLANT A KNEE DOWN ON A PAD, AND PROP THAT FOOT UP ON A COUCH OR CHAIR. TAKE THE OTHER LEG AND PLANT IT FLAT. KEEPING YOUR BUTT CHEEK SQUEEZED (LIKE THE FIRST STRETCH) COME ALL THE WAY UP TO VERTICAL WHILE SQUEEZING THE ABS.

IF YOU WANT TO MAKE THIS MORE INTENSE THEN RAISE OF THE ARM ON THE SIDE THAT IS BEING STRETCHED.



ROLLING OUT THE QUADS



THIS IS A GREAT EXERCISE UTILIZING EITHER A FOAM ROLLER OR A MASSAGE BALL (A SOFT BALL WORKS TOO!). IT IS PARTICULARLY GOOD TO DO IF YOU REALLY FELT THE STATIC COUCH STRETCH A LOT.

BASICALLY, PUT THE BALL OR FOAM ROLLER DOWN, STACK YOUR THIGH DIRECTLY ON TOP OF IT.

WHILE KEEPING PRESSURE IN THE THIGHS, START TO ACTIVELY BEND AND STRAIGHTEN YOUR KNEE OVER AND OVER AGAIN.



If those did not get you that “release” you were looking for then go ahead and smash and try these too. Hold and perform each one of these exercises for 2-3 sets of 30-60 seconds each.

### LACROSSE BALL SMASH



PLACE THE BALL ADJACENT TO THE HIP BONE ON THE TFL MUSCLE. THIS IS A STRIP OF MUSCLE THAT IS LOCATED IN THE PICTURE.

IF YOU ARE HAVING TROUBLE FINDING IT THEN HOP ON GOOGLE AND IMAGE SEARCH IT.

KEEP PRESSURE IN HERE FOR 2-3 SETS OF 1 MINUTE EACH HIP.

### CHILD'S POSE



STRETCHING OUT THE LOWER BACK IS CHALLENGING, BUT IT CAN BE DONE WITH THIS SUPER GENTLE STRETCH.

BASICALLY, GET ON ALL FOURS AND PUSH YOUR ARMS FORWARD AS YOU PUSH YOUR BUTT BACKWARDS. YOU ARE TRYING TO CREATE AS MUCH DISTANCE AS POSSIBLE BETWEEN THE FINGER TIPS AND THE BUTT.

PERFORM 3 SETS FOR 30 SECONDS.

## STRENGTHENING EXERCISES

Now it is time to bring our focus onto the strengthening portion. Our focus here is going to be hammering the butt muscles and core muscles to bring the pelvis back up into a normal alignment.

LAY ON YOUR BACK WITH YOUR FEET FIRMLY PLANTED ON THE GROUND. FROM HERE, THRUST YOUR HIPS UP AS HIGH AS POSSIBLE BRING YOUR BODY WEIGHT ONTO YOUR UPPER BACK. YOU SHOULD SQUEEZE YOUR BUTT AS HARD AS POSSIBLE DURING THIS MOVEMENT.

IF YOU WANT TO GET EVEN MORE GLUTE ACTIVATION YOU CAN TIE A BAND OR HIP CIRCLE (PICTURED BELOW) AROUND THE TOP OF THE KNEES. WHILE PERFORMING HIP THRUSTERS WITH THIS ON, PRESS OUT AGAINST THE BAND AS THOUGH YOU WERE TRYING TO BREAK IT OFF. PERFORM 4 SETS OF 10 REPS FOR THESE EXERCISES.



### BANDED HIP THRUSTER VARIATION





## GLUTE HIP THRUSTERS



USING THE BAND AGAIN YOU CAN TURN SQUATS INTO AN EXERCISE THAT WILL LIGHT THE GLUTES ON FIRE. PLACE THE BAND ABOVE THE KNEES AGAIN AND AS YOU PERFORM YOUR SQUATS, ACTIVELY PRESS YOUR KNEES OUT INTO THE BAND AS THOUGH YOU ARE TRYING TO BREAK IT. PERFORM 4 SETS OF 10 REPS FOR THIS EXERCISE.

## PLANK W/ PPT



START FACING THE GROUND. PLACE THE ELBOWS ON THE GROUND JUST BENEATH THE SHOULDERS. PLANT YOUR FEET IN PUSH UP POSITION AND LIFT THE HIPS OFF OF THE GROUND MAKING SURE THAT THEY ARE IN LINE WITH THE SHOULDERS. TUCK THE PELVIS UNDERNEATH YOU, LIKE YOU ARE TRYING TO HID YOUR BUTT. THIS WILL FLATTEN OUT YOUR BACK AND PUT YOU INTO A POSTERIOR PELVIC TILT (PPT), THE OPPOSITE OF AN ANTERIOR PELVIC TILT. HOLD THIS FOR 4 SETS OF 30 SECONDS.

## BANDED SQUATS



LAY ON YOUR BACK AND PLACE ONLY YOUR HEELS ONTO A STABILITY BALL. FROM HERE, LIFT THE BUTT OFF THE GROUND SO THAT ONLY YOUR UPPER BACK AND ARMS ARE IN CONTACT WITH THE GROUND. PULL THE FEET IN TOWARDS THE BUTT. WHILE DOING THIS THINK ABOUT AND FOCUS ON THE HAMSTRINGS MUSCLES ON THE BACK OF YOUR LEGS WORKING. PERFORM 4 SETS OF 10 REPS.

## HAMSTRING CURLS ON STABILITY BALL

### WRAP-UP

You can perform all of these exercises every other day until you start to come back into a neutral pelvis position. Keep in mind here that you do not want to continue doing these exercises once your pelvis is out of an anterior tilt.

Continuing the exercises after the problem has been fixed will cause additional problems to manifest such as a chronic posterior pelvic tilt which is just as bad as an APT, just different.

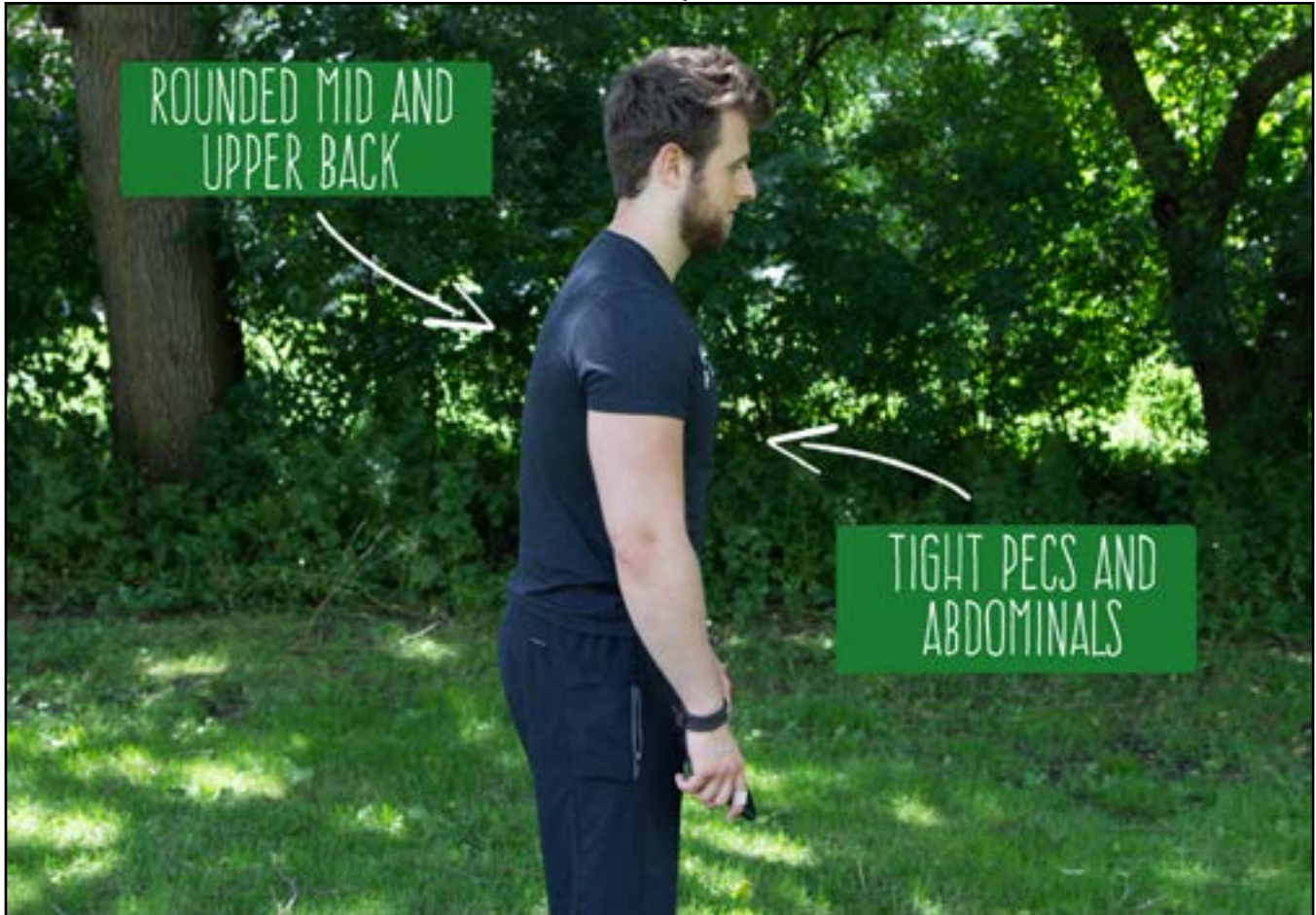
Continuous monitoring of your pelvis is necessary in order to ensure that you are not making matters worse. Once you are neutral it is time to lay off these exercises.



## THORACIC KYPHOSIS

### KYPHOSIS: ROUNDING OF THE UPPER BACK

This one is the most well-known and anger provoking postural distortions in all existence. A lot of people know that they have a “hunchback” and they hate this aspect about themselves.



Interestingly, this is also a postural distortion that is going to lead to increased stress and decreased testosterone. Needless to say, this is something that is going to need some working on.

The tight, restrictive muscles that are exerting the pull, in this case, are likely the pecs, the lats, and the abdominals. When these muscles are tight relative to their opposing muscles, then the rounding of the upper back occurs. Here are some exercises to stretch out those muscles! You can perform the below exercises for 4 sets of 30 seconds of 10-20 repetitions.

## LENGTHENING EXERCISES

### BALL PEC SMASH



PLACE A LACROSSE BALL ON THE GROUND AND THEN PLACE YOUR PECTORAL (CHEST MUSCLES) DIRECTLY ONTO THE BALL. IF YOU WANT TO MAKE THIS MORE ADVANCED THEN PLACE THE ARM BEHIND YOUR BACK.

MAKE SURE TO BE ON THE MUSCLE UNDERNEATH THE COLLARBONE. THIS SHOULD BE JUST AS EASY FOR WOMEN TO PERFORM AS IT IS FOR MEN. STAY ON THE MUSCLE TISSUE, NOT THE BREAST TISSUE!

### THORACIC EXTENSION AND MOBILIZATION



PLACE THE ROLLER UNDERNEATH THE SHOULDER BLADES. WHILE KEEPING THE BUTT AND FEET PLANTED TO THE GROUND, GENTLY ALLOW YOUR UPPER BACK TO BEND ACROSS THE FOAM ROLLER. YOU MAY DO THIS SEVERAL TIMES IN ONE AREA OF THE MID BACK, BEFORE MOVING UP AN INCH OR SO FOLLOWED BY DOING IT SOME MORE. THE IDEA IS TO HELP DIFFERENT SEGMENTS OF THE MID AND UPPER BACK BEND. DON'T DO THIS ON YOUR LOWER BACK!



## FOAM ROLLING THE LATS



PUT A FOAM ROLLER ON THE GROUND AND START WITH THE FOAM ROLLER UP HIGH UNDER THE ARM PIT. SLOWLY WORK YOUR WAY DOWN THE SIDE OF YOUR TRUNK LOOKING FOR TIGHTNESS. MAKE SURE THAT YOU ARE ON MUSCLE TISSUE HERE AN NOT JUST THE RIB CAGE. BE VERY CAREFUL NOT TO GO TOO LOW WITH THE FOAM ROLLER. YOU SHOULDN'T GO ANY LOWER THAN ME IN THE ABOVE PICTURE, BECAUSE YOU CAN EASILY DAMAGE THE LOWER RIBS. IF IT FEELS LIKE THE RIBS ARE BEING PUSHED IN THEN GET OFF OF THEM!

FOR FURTHER HELP YOU CAN GOOGLE SEARCH LATISSIMUS DORSI.

## STABILITY BALL LAY OVER

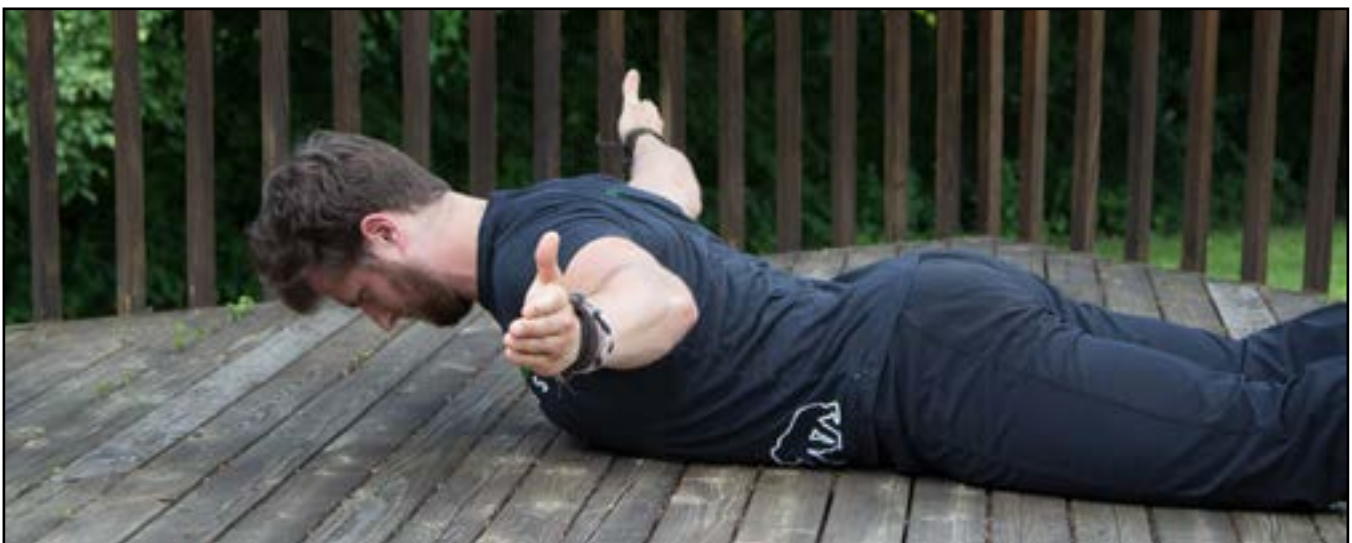


PLACE A STABILITY BALL ON THE GROUND AND CLEAR THE AREA OFF ALL POINTY OBJECTS OR ANYTHING ELSE THAT WILL HURT IF YOU HAPPEN TO FALL ON IT. LAY OVER THE BALL, BELLY UP, ALLOWING YOUR ABDOMINAL MUSCLES AND TISSUES TO BE STRETCHED.

## STRENGTHENING EXERCISES

After dealing with those restrictive tissues by using the exercises above you are now ready to start strengthening those weak muscles that will help you lift your chest up. These exercises are going to focus on the muscles that retract the shoulder blades and extended the spine.

## PRONE COBRA



LAY FACE DOWN ON THE FLOOR. SQUEEZE YOUR BUTT TIGHT, SUCK THE STOMACH IN A LITTLE, EXTEND THE ARMS OUT TO THE SIDE WITH THUMBS POINTING STRAIGHT UP IN THE AIR. LIFT THE CHEST OFF THE FLOOR LIKE YOU ARE PEELING AN ONION WHILE SIMULTANEOUSLY SQUEEZING THE SHOULDER BLADES TOGETHER. DO 4 SETS OF 3 SECONDS.



## BAND PULL APARTS



STAND UP AND HOLD A RESISTANCE BAND IN FRONT OF YOUR CHEST. PULL THE BAND INTO YOUR CHEST WHILE SIMULTANEOUSLY ROTATING THE ARM BONES BACK (EXTERNAL ROTATION). YOU SHOULD END WITH YOUR THUMBS POINTING BACKWARDS IF YOU DO THIS PROPERLY! DO 4 SETS OF 10-15 REPS.

## WALL PRESS



SIT WITH YOUR BUTT AND BACK AGAINST A WALL. FROM HERE, MAKE SURE THERE IS CONTACT BETWEEN YOUR MID BACK, UPPER BACK, ELBOWS, AND WRISTS WITH THE WALL. SLIDE YOUR HANDS UP THE WALL MAINTAINING AS MUCH CONTACT WITH THE WALL AS POSSIBLE. TRY NOT TO LET THE LOWER BACK ARCH. IF THIS IS REALLY DIFFICULT TO DO THEN SMASH INTO THE PECS SOME MORE. DO FOR 4 SETS OF 15-20 REPS.

## **POSTURE: THE ULTIMATE LIFE HACK**

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Unlike the exercises for the anterior pelvic tilt, these exercises can be done indefinitely. If you have a desk job, then you are going to be forever combatting thoracic kyphosis. I recommend that these be a part of your training split in some shape or form forever.



## FORWARD HEAD POSTURE

The last thing we are going to address is forward head posture. This posture is characterized by having the head pushed forward in front of the person's center of gravity.



This is bad for multiple reasons, primarily because of the fact that it will eventually cause extreme upper back kyphosis on the person that has it because of the effects of gravity over time. On top of that, it just looks really terrible.

Caused by tightness and over activity in the back of the neck, and weakness in the front of the neck, this postural distortion is quite easy to fix.

There is only one exercise that I would recommend you perform for this posture that is both a stretch and a strengthening exercises all in one.

Here is how it is done.



THIS ONE IS VERY SIMPLE. LAY ON YOUR BACK, TUCK YOUR CHIN SLIGHTLY, AND PUSH YOUR HEAD BACKWARDS TOWARDS THE GROUND. THINK OF THIS AS ATTEMPTING TO GIVE YOURSELF DOUBLE CHINS. THIS WILL SIMULTANEOUSLY STRETCH AND STRENGTHEN THE RIGHT MUSCLES TO FIX FORWARD HEAD POSTURE. KEY HERE IS TO KEEP THE CHIN TUCKED. PERFORM 4 SETS OF 30 SECS.

Like the other distortions, do this until your head is back on top of your spine.

It is also important that you are aware of the position of your head when you are working. Make sure that you are not reinforcing and causing the forward head posture while at the computer.

Keep the chin down and head pulled back, and you will be good.

### CONCLUSION

Now you have the tools to hack your posture and make it work FOR you instead of against you. Remember this, there are few things as important as your structural integrity and physical positioning.

This idea transcends the physical plane of existence and moves into the mental and spiritual planes as well. Your time here on earth will not be too enjoyable, and you will not be too effective in it if you are stuck in a bad position.

You are now armed with some basic tools that you can use to improve your confidence and dominance, lower your stress levels, and decrease your chances of orthopedic injury, thus keeping your joints healthy well into old age.

I hope this guide was helpful to you! If you have not subscribed to my YouTube channel then go ahead and do that below. I am constantly uploading videos on a weekly basis, covering posture correction, holistic health, and much more, so be sure to jump on board.

Also, be sure to check out my coaching below. This is perfect for you if you are not quite sure what postural issues you have. I will basically work with you one-on-one to perfect your posture.

## HOW WOULD YOU LIKE TO SPEAK WITH ME PERSONALLY ON THE PHONE?

I can help you identify your OWN posture problems and muscular imbalances and help you eradicate them FOR GOOD!

Let me just take a second and talk about the RESULTS I can provide. Here are some things people are saying about me:

This is my client Tom. Tom had a wicked lateral pelvic tilt with some serious muscle imbalances. He was in chronic back pain for the last 3 years and has only recently been able to stop it from coming back..The picture below is of his alignment at the start of our coaching and then approximately 2-3 weeks after starting his coaching with me.



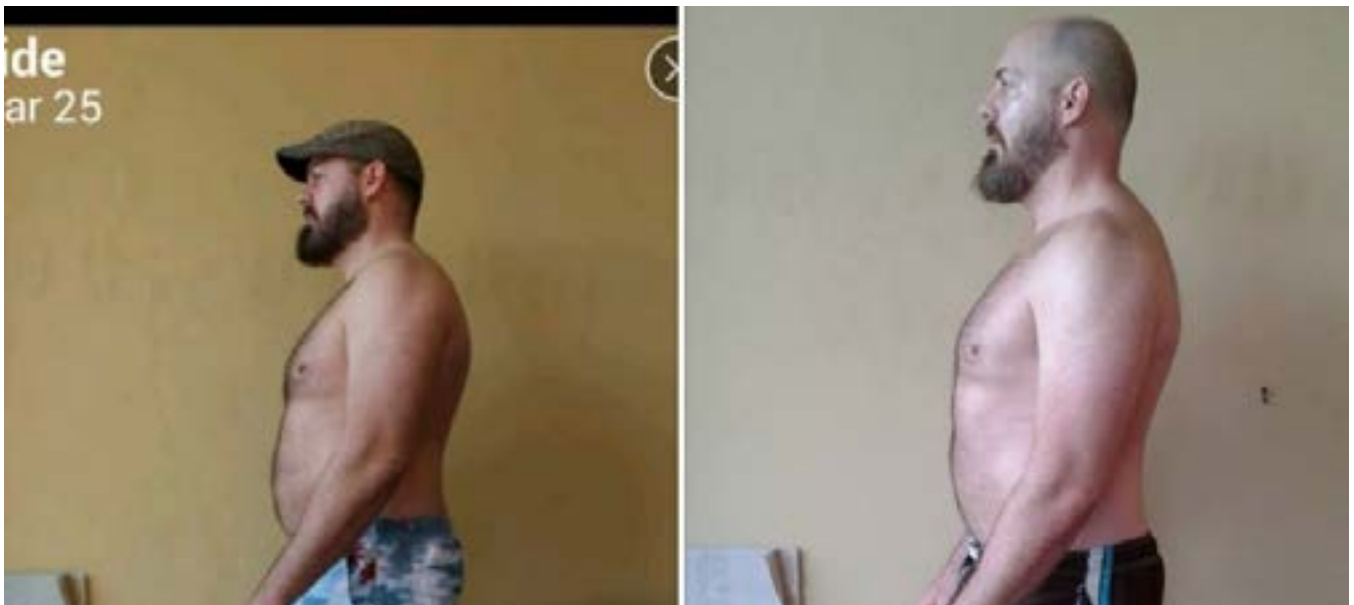
## POSTURE: THE ULTIMATE LIFE HACK

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Below is my client Naeem. Naeem is a body model, so his appearance is very important not only to his confidence, but to his ability to earn a living as well. He was dealing with some serious shoulder issues on his left side that not only caused stiffness in his neck, but for his shoulder to be elevated as well. The picture on the left is at the start of our coaching, and the picture on the right was about one month in.



*"When I started with Blake 56 days ago I weight 230 lbs (probably a bit more) and had a HOST of pains and aches from the extra weight and postural imbalances. Now I weight 214lbs and feel a lot better. Most of my teninitis is gone, my knee feels good again, and my back and neck are much more erect. I just followed Blake's instructions to the best of my abilities. It hasn't been easy to make the correct choices every day, but it is necessary. Cheers!" — Tom*



**ASK YOURSELF, HAVE YOU TRIED EVERYTHING TO GET RID OF YOURS ISSUES, BUT STILL FEEL ALL MESSED UP?**

**IF THE ANSWER IS YES, I WOULD LOVE TO HELP YOU GET THESE KIND OF RESULTS, AND I'D LIKE TO HELP YOU DO IT FOR FREE.**

**HERE'S HOW IT WORKS...**

**RIGHT NOW, YOU'RE PROBABLY STUCK ON 1 OF THESE 2 THINGS...**

You want to get better results, but you just don't KNOW how or what to do about your particular issues and there doesn't seem to be any clear answers you can find.

OR...

You've literally tried everything there is and nothing has seemed to get you the relief you are looking for.

**WHICH OF THOSE SOUNDS MOST LIKE YOU?**

The good news is that which ever one it is, I can craft a plan to help you out with it.

**...AND I'LL DO IT FOR YOU FOR FREE.**

## CONSIDER THIS:

I've been doing this for almost half a decade. I've helped thousands of people all over the world (on every continent) get rid of their issues. I've helped people balance themselves out to optimal condition and **FEEL A WHOLE LOT BETTER.**

**If I can do it for them, I can do it for you.**

## HERE'S HOW TO GET MY HELP FOR FREE...

I've set aside some time to speak to you over the next few days. On that call, I will lay out a plan to help you fix yourself.

The plan will enable you to **understand what you have going on, why it's happening, and how you can go about fixing it**

**while not having to rely on seeing some person like a massage therapist all the time.**

## IT'S A BOLD PROMISE...

But after having helped **THOUSANDS of people in the last few years**, I feel very comfortable making it.

The plan we craft together will be a **SIMPLE, CLEAR, and VERY EASY** to follow.

After all, there's a reason why I'm the most sought after coach in this niche of the fitness industry.

My stuff works, and I know if we work together, you'll feel better. Period.



## **THE CATCH? THIS INVITATION IS IN EVERY COPY OF THIS PDF EBOOK.**

Posture: The Ultimate Life Hack gets downloaded hundreds of times a day through Youtube, Facebook, and paid advertisements that I run. Roughly 400-500 people get to see this offer every single day and that's why I need you to read this next part carefully:

### **THIS IS NOT FOR EVERYBODY.**

I'm VERY picky about who I'll speak with, and I have a strict (but reasonable) set of criteria that needs to be met in order for us to proceed:

- 1. You need to be willing to follow my instructions 100% of the time.**
- 2. You need to be patient and understand that muscle imbalances that form over decades cannot be corrected in a couple of days. It's a process.**

That's it – if you meet BOTH of those requirements, we're good.

### **HERE'S WHAT I WANT YOU TO DO NEXT:**

If you meet the criteria above, and you'd like to talk about getting some incredible results with your body, then I'll happily set aside some time for you after reviewing your situation.

Head over to [this form online](https://guerrillazen.wufoo.com/forms/zs70don0pbnpov/), fill it out, and hit submit. Here's the hyperlink: <https://guerrillazen.wufoo.com/forms/zs70don0pbnpov/>



The application helps me determine if you are someone I can help so neither of us end up wasting our time. It also helps me study your issues prior to the call so I can help you more effectively once we are on the call.

I basically need to know what your goals are, what you're struggling with, and what you've tried to address your issues so far.

### **THAT'S IT!**

The initial call will be a quick 10-15 min power call, and it will be the BEST time you have EVER spent talking to a coach and personal trainer over the phone. I promise :)

### **WARNING – TIME IS A FACTOR**

**Like I said, this offer is going out to 400-500 people per day and there's only one of me.**

It's physically impossible for me to work with more than a handful of people, and it is done on a FIRST COME, FIRST SERVED basis.

**IF YOU FEEL LIKE THIS IS THE RIGHT OPPORTUNITY FOR YOU, [CLICK HERE](#), FILL OUT YOUR APPLICATION, AND LET'S TALK!**

Talk soon,

Blake

PS: If we do not accomplish everything we need to on the call then I will most likely talk to you about becoming a coaching client of mine. This is all dependent on how complex you are!