



POSTURE & MOBILITY ROUTINE



by King of the Gym

The biggest issue with any postural correction program is that they require a full and long-term commitment in order to produce noticeable results.

The few minutes per day it takes to do corrective exercise is very important. However, it is simply not enough to fix bad posture by itself. You must also make other big changes in your life, which I will address in this routine.

This corrective exercise prescription is going to be set up with the exercises and suggestions in [my article on improving posture](#). If you haven't read the full article yet, I suggest you do so to learn the exercises and to get other highly practical tips for improving your posture.

This program will be broken up into several phases. *You need to meet all the conditions of one phase before moving to the next.* If all conditions are not met, just repeat the current phase you are currently in until you can hit everything.

As I touched upon earlier, this routine is not just a series of exercises. It's not just an exercise program. We are attempting to modify our behavior into a pattern of actions to help improve posture in every aspect of our lives.

Phase 1: Active Posture Correction - 3x/Day

The only condition for this phase is to be aware enough of your posture and to correct it at least at least 3 times per day for one week. Hold the corrected posture as long as you can each time.

Phase 2: Active Posture Correction - 5x/Day

Bump the active posture correction up to a minimum of 5 times per day for 1 week.

Phase 3: Low Frequency Corrective Exercise - 2x/Week

Active posture correction is still 5 or more times per day for this week, but now we are going to add in some exercises to be performed 2 times per week.

- [Lax Ball on Pec Minor](#): 1 set of 2 minutes on each side
- [Scapular Wall Slide](#): 3 sets of 12 reps
- [Foam roller on Lats/Teres Major](#): 1 set of 2 minutes on each side
- [Thoracic Extension on a Foam Roller](#): 2 minutes

Phase 4: Moderate Frequency Corrective Exercise - 4x/Week

Active posture correction is still five or more times a day for this week. Continue with the Phase 3 exercises, 2 times per week.

On 2 other days during the week, add these exercises:

- [Bird Dog](#): 2 sets of 15 reps on each side
- [Band Pull Apart](#): 2 sets of 20 reps
- [Supine Bridge with Reach](#): 2 sets of 15 reps on each side
- [Forearm Wall Slide](#): 3 sets of 12 reps

Phase 5: High Frequency Corrective Exercise - 6x/Week

Active posture correction is still 5 or more times a day for this week. Continue with the Phases 3 and Phase 4 exercises, 2 times per week each.

On 2 other days during the week, add these exercises:

- [Lax Ball on Piriformis](#): 2 minutes on each side
- [Yoga Push Up](#): 3 sets of 10 reps
- [Spiderman with Hip Lift and Overhead Reach](#): 2 sets of 10 reps on each side
- [Wall Hip Flexor Mobilization](#): 1 set of 2 minutes on each leg

Phase 6: Strategic Adjustment

At this point, you should have dramatic increases in postural positioning. If nothing else, the extra mobility work will have your hips and shoulders feeling like a million bucks.

You should now have a decent idea of which exercises seem to yield the best results, and which ones may be less effective.

Spend extra time and energy on problem areas and continue with the exercises you have found some positive transfer. For the exercises that don't seem to be helping as much, still do them, but you can now drop the total volume by about 50%.

Example: Let's say you've found forearm wall slides to be more effective than scapular wall slides. Since 3 sets of 12 reps is prescribed for scapular wall slides, then you'd cut volume in half to 3 sets of 6 reps (or you could do 2 sets of 9 reps, etc. - it doesn't have to be exact). Then you would increase volume by about 50% on forearm wall slides. So, in addition to 3 sets of 12 reps, you'd do 3 sets of 6 reps (or 2 sets of 9 reps, etc. - however you want to break it up).

The total volume and frequency of Phase 6 should equal that of Phase 5 initially. Over time, you can slowly and gradually increase overall volume (i.e. adding more reps, sets, or exercises) if you find that doing so increases progress.

Phase 6 is indefinite in length. You should keep going until you've improved your posture to the point that you're satisfied with, and have maintained that posture for a few months. Even after that point, I would recommend some type of modified maintenance routine with less total volume and/or frequency. After doing this routine, you will know best which exercises to include in such a maintenance routine.