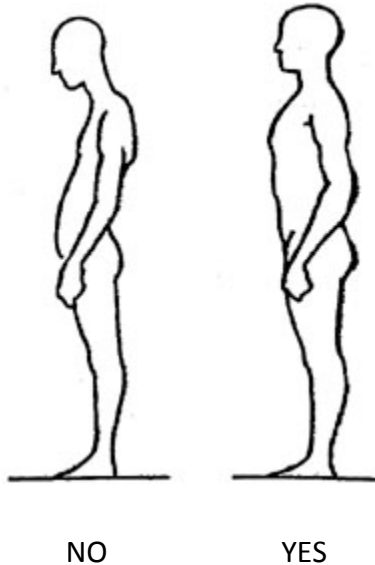


MVP Health n Fitness

Client name: Marco

Notes- S-Posture (slightly twisted)

Pelvic tilt- maintain this upright posture on all standing exercises. This includes boxing and warm up twisting etc.

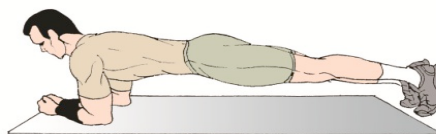


Exercises- these exercises will help correct the weaknesses created by your posture

Hamstrings- 1 leg at time. Place other leg resting on floor. Curl leg in making sure you are **applying pressure with heel**. 3 sets of 20 on each leg



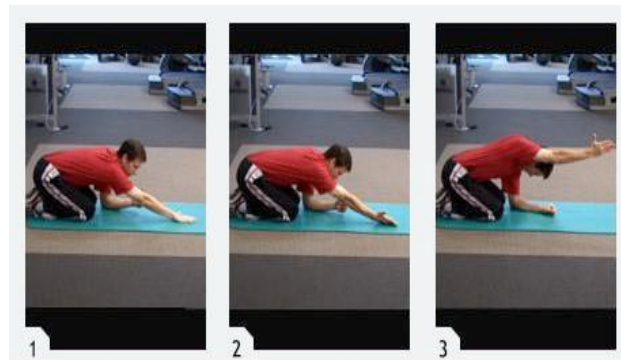
Core- When doing this exercise make sure that you try to **maintain the pelvic tilt**. That is the key. Soft breathing is very important. Complete 3 sets by holding for 1 minute. (1 minute rest in between)



Glutes- **apply pressure with hand, especially on last 10 reps of each set.** After completing 30 clams on each leg hold the bridge exercise for 1 minute. Complete 3 sets of each exercise.



Back / Shoulders- **Reach Roll & Lift.** Slow motion and make sure you keep elbow straight on lift. 3 sets of 10 on each arm.



Notes- Extended running on treadmill is advised against as the rolling motion can place further pressure on hip flexors. Also seated exercises should be reduced so once again flexors are relaxed and stretched out. When completing lying exercises ensure legs are raised so that lower back is flat and not curving up.

Cool Down-



-Hold for 1 minute



-3 sets of 15

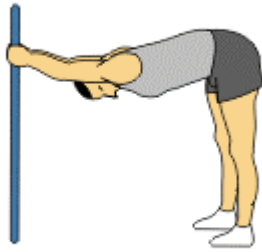
The third exercise involves placing a basketball between your knees in the lying posture. From here squeeze ball in and out. **3 sets of 20.**

Stretches- complete rollouts and then hold stretches after for 45 seconds

Quads- roll out quads on roller making sure to go slowly over any tight spots



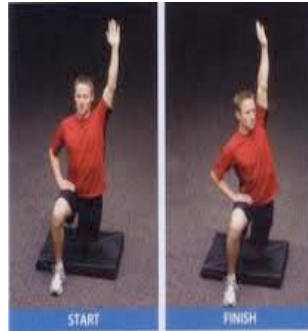
Lower Back- Place your legs to the side of the bar. Start holding arms low, then medium then high each for 20 seconds. Then change feet to other side of bar.



Calves- Rub all over calf and destroy any spots that are tight. After rub stretch that leg out and then move to rub on other leg.



Hip flexors- maintain pelvic tilt throughout this stretch



Lifestyle

Sleeping- Try to sleep on side with legs extended not curled up and bent. A Pillow can be placed between legs but only if it is comfortable.

Sitting- Avoid sitting for long periods. Simple 2 minutes of standing up and stretch is a great way to break it up and reduce pressure on lower back and hip flexors. Also by placing pressure on heels with legs slightly extended, our hamstrings will be activated. Whilst seated try to feel like your still maintaining pelvic tilt. This will get easier over time.