

# 4 WEEKS TO

# BETTER POSTURE

## WEEK 1

Foam Rolling

Floor Angels



1 Min Foam Rolling &  
3 x 10 reps of the floor  
angels

## WEEK 2

Foam Rolling

Floor Angels

Brugger



1 Min Foam Rolling &  
3 x 15 reps of each  
exercise

## WEEK 3

Foam Rolling

Floor Angels

Brugger

Chin Tuck



1 Min Foam Rolling  
& 3 x 20 reps of  
each exercise

## WEEK 4

Foam Rolling

Floor Angels

Brugger

Chin Tuck

Plank



1 Min Foam Rolling  
& 3 x 20 reps of  
each exercise

This program can help improve your posture. It is designed for healthy individuals. Please discuss with your health care professional before beginning this program and check if any exercises need to be modified for you. They can also provide you with videos of all exercises shown so you can easily perform them on your own.