

@ATTILACONMOCHILA

Work

SPORTS EBOOK

THE POSTURE RESET

RESTORE YOUR LIFE



IF YOU SPEND 8 TO 10 HOURS A DAY SITTING AT A DESK, YOUR BODY ADAPTS TO THAT ENVIRONMENT. YOUR HIP FLEXORS TIGHTEN, YOUR LOWER BACK ARCHES INTO A PERMANENT STRESS POSITION, AND YOUR SHOULDERS ROLL FORWARD.

YOU DON'T NEED A GYM MEMBERSHIP OR COMPLICATED MACHINES TO FIX THIS. YOU NEED TO RESET YOUR ALIGNMENT.

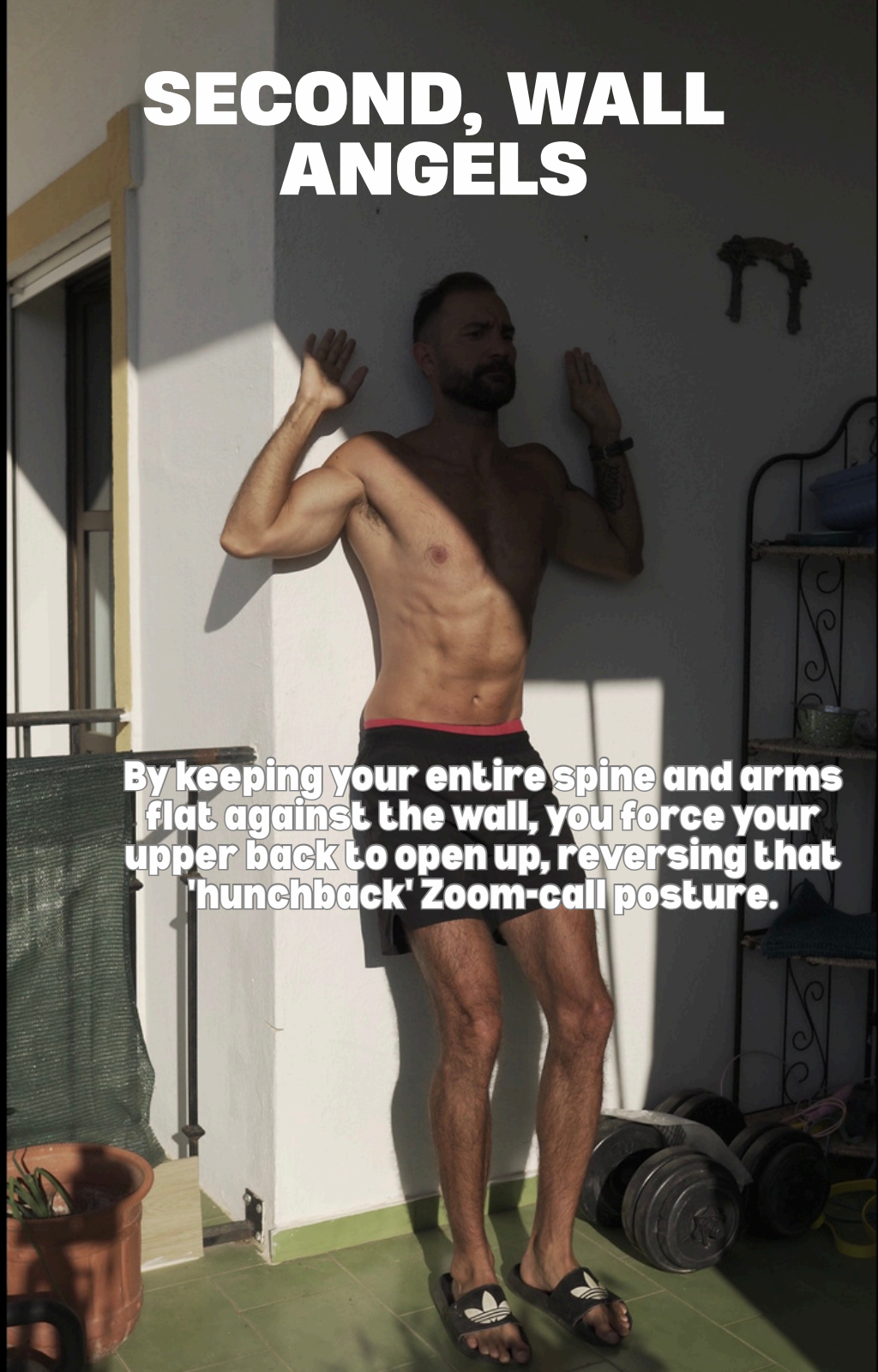
HERE IS MY EXACT 3-STEP HOME PROTOCOL:

A man is lying on his back on a grey mat on a wooden deck. He is wearing dark shorts and is bare-chested. His right arm is extended straight up, and his left arm is extended straight out to the side. His right leg is bent at the knee and raised, with the foot flat on the ground. His left leg is also bent at the knee and raised, with the foot flat on the ground. The background shows a white wall with a window covered in dark horizontal blinds.

FIRST, THE DEAD BUG.

THIS ISN'T JUST A CORE EXERCISE—IT ACTIVELY FORCES YOUR PELVIS OUT OF AN ANTERIOR TILT AND RESETS YOUR LOWER BACK ALIGNMENT.

SECOND, WALL ANGELS

A man with a beard and short hair is performing a Wall Angels exercise. He is standing with his back flat against a white wall, his arms raised and hands flat against the wall. He is wearing black shorts with a pink waistband and black sandals. The background shows a doorway on the left, a metal shelving unit on the right, and a potted plant in the foreground. The floor is green.

By keeping your entire spine and arms flat against the wall, you force your upper back to open up, reversing that 'hunchback' Zoom-call posture.

THE THORACIC SPINE OPENER

KNEEL IN FRONT OF A CHAIR, PLACE YOUR ELBOWS ON THE SEAT, AND BRING YOUR HANDS TOGETHER BEHIND YOUR HEAD. GENTLY DROP YOUR CHEST TOWARD THE FLOOR WHILE DRIVING YOUR HIPS BACK.



COULD YOUR BACK PAIN BE RELATED TO SOMETHING OTHER THAN BAD POSTURE?

Head over to my website
atilaconmochial.com
to find out!

Gut-Back Connection Quiz

Do you experience frequent bloating or gas within an hour after eating?

Yes, often

No, rarely