

Posture and Flexibility

Presented by Robin O'Grady

Pos-ture

noun

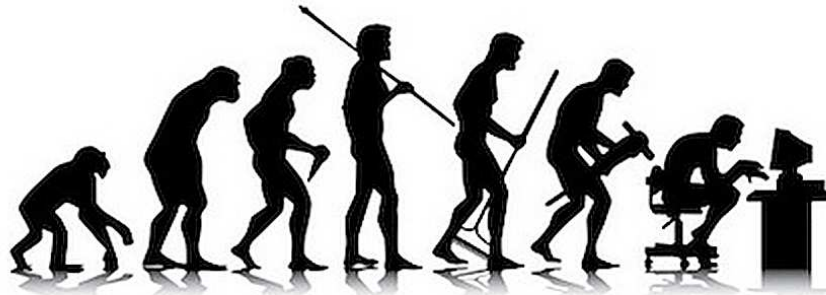
The position in which someone holds their body when standing or sitting

Flex-i-bil-i-ty

noun

The quality of bending easily without breaking

It is no surprise to any fitness professional that we are seeing a de-evolution in the posture of the people coming in to our studios. The exciting news is that we are in a unique position to help make a change in that for them.



In the strength and cardio segments of our classes/workouts we can take care in our programming to address posture by choosing exercises that strengthen what needs to be strengthened and of course lengthen what needs to be lengthened. We can also work on strong cueing techniques to not only remind them to have good posture but to educate them on the importance. What does that look like in your classes?

Beyond that we have a small window of time for a flexibility section in most classes. Often this section is a little rushed and uncomplicated. Of course we don't have time to offer a full yoga class, but there are definitely steps we can take to enhance this experience AND to make real strides in improving their posture.

Cueing for Flexibility and Posture

Muscle group	Important cues	Notes
Hamstrings	- - -	
Quads	- - -	
Inner Thigh	- - -	
IT Band	- - -	
Calves	- - -	
Glutes	- - -	
Upper Back	- - -	
Lower Back	- - -	
Chest	- - -	
Biceps	- - -	
Triceps	- - -	
Shoulders	- - -	

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