

# EXTENSIONS (STACK)



## WHAT'S THE EXERCISE FOR?

This exercise will empower you by teaching you what it feels like to sit or stand STACKED and also enables you to maintain this position when performing daily activities. (For most people, sitting up straight feels foreign and unfamiliar - this exercise directly stimulates the muscles that support this stacked position).



## TECHNIQUE AND KEY POINTS:

Lie on your stomach with your hands positioned at your sides. Tuck in your chin and place your hands under your forehead. Make sure to keep your chin tucked in and don't extend the neck. Keeping your chin tucked in, place your hands under your forehead (imagine that your head and hands are

"glued" together as they will move together during the exercise). Pull your belly-button towards your spine to activate your core before lifting your elbows, hands and head off the ground (focus on control and not the height of the lift). Do 10 controlled lifts per set.

01

Tuck in your chin and keep it locked in this position for the duration of the exercise (this is vital to activate the postural muscles in the upper back).



02

Keep your chin tucked in place and your hands under your forehead.



03

Lift your elbows, hands and head off the ground.



**PARTY TRICK**  
- TRY THIS!

Sit up as straight as you can in a chair with your upper back supported. You might notice that this position does not feel familiar at all. Now do a set of 10 extensions with good form as described above. Sit again and notice how much more comfortable you feel when sitting up straight.



## FREQUENCY OF USE:

Once a day every night before bed or any other time that suits your schedule.



**REPEAT  
3 TIMES**