

# POSTURE AND STABILITY

Follow all key points indicated in each exercise to ensure movements are done correctly. At all times, take into account your range of motion.

## General issues for the whole posture and stability section:

- If you feel the need to lean on a chair with one hand to keep your balance, don't hesitate to do so.
- Be sure to pay special attention to the extension of the spine for each exercise: imagine that a string is pulling the top of your head towards the ceiling.

### 0. WARM-UP:

Sit on a chair in a clear space. Push up with your legs to a standing position and extend your arms as much as possible while trying to reach the ceiling. Then sit back down on the chair. Repeat 10 times and take the time to perform the movements slowly.

### 1. BALANCE ON ONE LEG, BIG TOE ON THE GROUND OR FOOT ON THE CALF

- Stand with your feet hip width apart, arms at your side.
- Bring one foot to the inside of the opposite calf and hold the position.
- After 30 seconds, lower your foot to the ground and repeat the exercise with the other leg.

**2 sets of 30 seconds/leg,  
30 seconds rest period between sets.**



### 2. LATERAL LEG ELEVATION, RESTING ON THE OTHER LEG

- Stand with your feet hip width apart, arms at your side.
- Extend one leg to the side, forming a triangle with the floor.
- Pull your toes a maximum of 2 inches off the floor and hold the position for 1 second.
- Slowly lower toes to the ground and repeat with the same leg.

**2 sets of 15 repetitions/side,  
1 minute rest between sets.**



### 3. SHOULDER EXTENSION WITH BACK TO THE WALL

- Stand with your back to the wall, shoulders and palms placed against the wall.
- Push with your hands to lift your shoulders and back away from the wall, without moving your feet.
- Try to bring your shoulder blades closer together, keeping your spine straight.
- Release to return to your original position.

**2 sets of 15 repetitions,  
1 minute rest period between sets.**



### 4. WALL PUSH UPS

- Place your hands on the wall at chest height and shoulders width apart.
- Bring your body closer to the wall by bending your elbows without moving your feet.
- Keep your elbows close to your body and your belly button in to form a nice straight line from head to toe.
- Push with your hands to return to the original position.

**2 sets of 15 repetitions,  
1 minute rest period between sets.**



### 5. HALF REVERSE LUNGE

- Stand with your feet hip width apart.
- Take a big step backward with one leg and press only your toes to the ground.
- Lower down into a lunge with both knees slightly bent.
- Push with your leg to return to the original position.

**2 sets of 10 repetitions/leg,  
1 minute rest period between sets.**



### 6. FLAT BACK/ROUND BACK

- Get down on all fours.
- Keep your back straight and your head in line with your back as if to create a table.
- Push your spine up towards the ceiling by tucking in your belly button as you breathe in, and tucking in your buttocks and chin.
- Return to the initial position as you exhale.

**2 sets of 15 repetitions,  
1 minute rest period between sets.**



### 7. COOL DOWN:

Sit on the floor with your back against the wall. Extend your back and neck, as if a string was pulling the top of your head towards the ceiling, to extend your spine. Hold this position for 15 seconds and release. **Repeat 3 times.**

Then place one hand on your stomach and one hand on your chest. Take 10 deep breaths, breathing in through your nose, breathing out through your mouth and trying to inflate your belly.

**Photos: Anne-Josée Beaudoin**



The training plans are created by the kinesiology graduates of the Université de Sherbrooke.

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