

Strike It!

Postural Training

"Strike It" comprises a set of positions and postures designed to enhance both muscle ability and flexibility, while ultimately overall well being. There are 4 "Strike It" positions and one Advanced Version. This can be done daily up to several times a day.

Strike It Videos

- [Core Squeeze and Lean Back](#)
- [Overhead Press](#)
- [Lunge](#)
- [Advanced Overall Version](#)

WANT DETAILS READ ON:

Adopting these restorative postures, positions, and motions strengthen underutilized muscles while simultaneously promoting the lengthening of tense ones. Incorporate these postures and motions into your daily routine whenever possible. Maintain each pose for a brief moment, ensuring a steady breath flow, preferably inhaling through your nose and exhaling through your mouth. These postures should be performed gently, with intensity kept to a modest 20% of your maximum capacity. You can perform each posture and/or motion as a group or individually. I believe that there isn't a definitive "perfect" posture; rather, the most advantageous one is the next one you choose, symbolizing mobility and flexibility throughout the day.

STOP IF ANY OF THESE CAUSE PAIN.

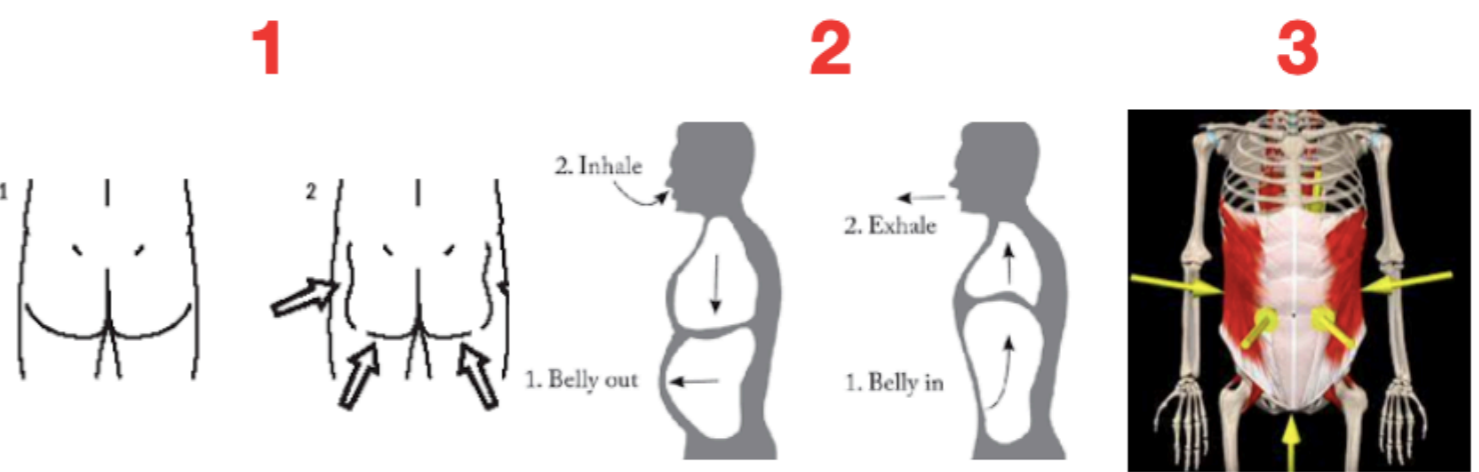
1



Mid-Section - Core Draw In and Brace

Do 1-3 in order and hold all positions (20%+contraction) for several seconds or do each individually several times a day.

1. Glute Squeezes (Buttock Squeezes)
2. Draw Abdomen In (in other words Suck Stomach In, Abdominal Hollowing). Bring the lower area of the stomach toward the spine.
3. Brace Abdomen-tighten mid section



These postures should be performed gently, with intensity kept to a modest 20% of your maximum capacity.

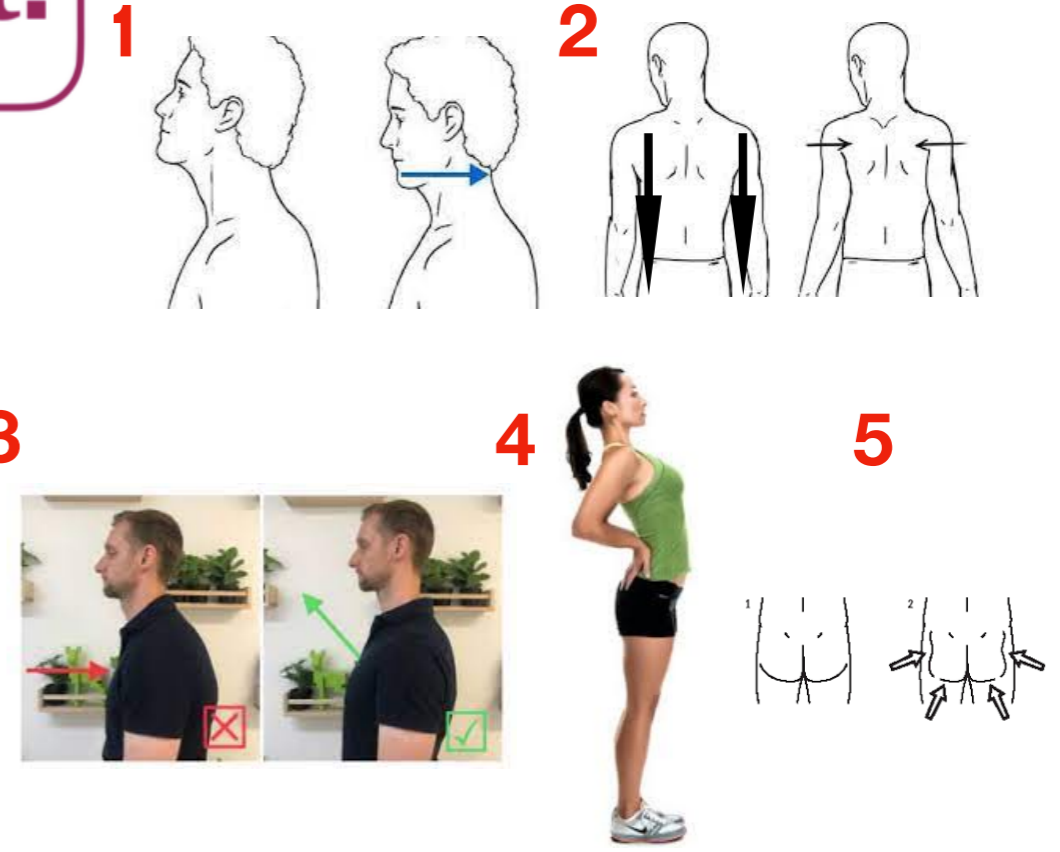
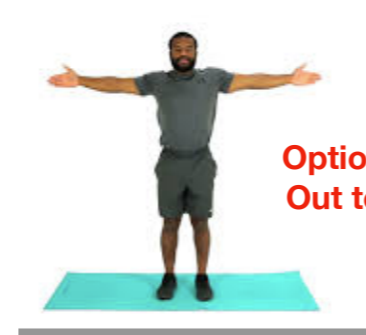
2



Neck and Upper Back Squeeze and Lean Back

Do 1-6 in order and hold all positions (20%+contraction) for several seconds several times a day or do each individually.

1. Chin Tuck
2. Anti Shrug and Scapular Squeeze/Depression
3. Sternum Lift
4. Back Extension
5. Glute (Buttock) Squeeze
6. Then take a deep breathe in through nose and then exhale slowly through your mouth
7. You can also do this with arms reaching back

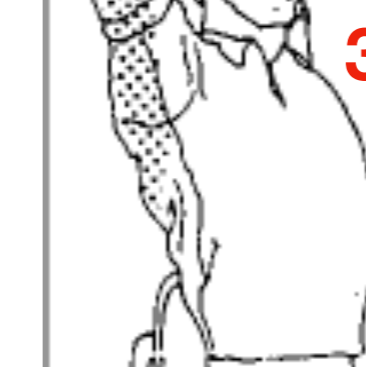


These postures should be performed gently, with intensity kept to a modest 20% of your maximum capacity.

3



Hands Interlaced Overhead Press



Do 1-7 in order and hold all positions (20%+contraction) for several seconds several times a day.

1. Extend arms overhead with fingers intertwined with palms up
2. Press hands to Sky
3. Sternum Lift
4. Glute Squeezes
5. Then take a deep breathe in through nose and then exhale slowly through your mouth



These postures should be performed gently, with intensity kept to a modest 20% of your maximum capacity.

4

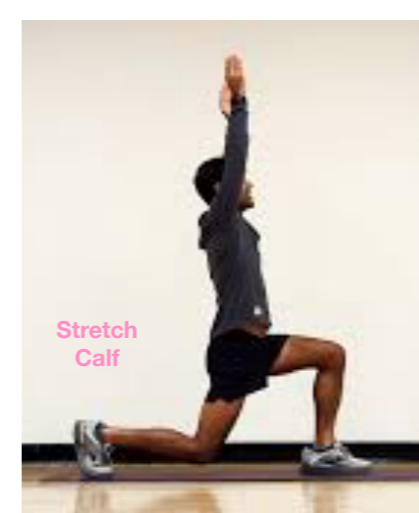


Lunge Reaching Up

Do 1-7 in order and hold all positions (20%+contraction) for several seconds several times a day.

1. Assume a staggered with stance with rear knee on ground or advanced with rear knee off ground with rear calf in a stretched position
2. With single or both arms press to sky and lean back
3. Engage glute muscle of support leg while trying to pull rear knee forward
4. Then take a deep breathe in through nose and then exhale slowly through your mouth
5. Repeat with other leg

These postures should be performed gently, with intensity kept to a modest 20% of your maximum capacity.



Advanced: Knee not on Ground Single or Both Arms Pressing Up



Advanced: Knee not on Ground Single Arm Pressing Up with Slight Lateral Lean



Upper Body Strike It! Advanced

Do 1-9 in order and hold all positions (20%+contraction) for several seconds several times a day.

1. Chin Tuck
2. Scapular Squeeze/Depression
3. Sternum Lift
4. Back Extension
5. Glute Squeezes
6. Wrist Extensions with fingers flared/
7. Toe Grip-Grip Toes to floor
8. Finally Abdominal Hollowing followed by Abdominal Bracing
9. Then take a deep breathe in through nose and then exhale slowly through your mouth.

Scapular Squeeze/Depression

Back Extension: Lean Back from Hips

Glute Squeezes

Slight Bend in Knees

Chin Tuck

Sternum Lift

Abdominal Hollowing followed by Abdominal Bracing

Wrist Extension with fingers flared: Palms Forward

Toe Grip: Grip Toes to floor increasing arch

Advanced Strike It