
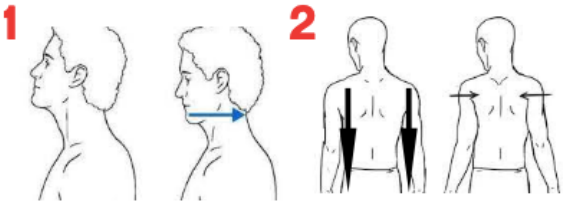





	Written/ Pictures	Videos
	<p><u>Strike It Program</u></p>	<p>4 Positions: Do throughout the day one to several times</p>
<p>1. Squeeze and Lean Back</p>	<p>Neck and Upper Back Squeeze and Lean Back</p> 	<p><u>Video: Squeeze and Lean Back</u></p>
<p>2. Hands Interlaced Overhead Press</p>	 <p>Hands Interlaced Overhead Press</p> <p>Do 1-7 in order and hold all positions (20% contraction) for several seconds several times a day.</p> <ol style="list-style-type: none"> 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 	<p><u>Video: Overhead Press</u></p>
<p>3. Mid-Section Core: Draw in and Brace Abdomen and Buttocks</p>		<p><u>Video: Core</u></p>
<p>4. Lunge Reaching Up</p>	 <p>Knee on Ground Single Arm Pressing Up</p> <p>Advanced: Knee not on Ground Single or Both Arms Pressing Up</p> <p>Advanced: Knee not on Ground Single Arm Pressing Up with Slight Lateral Lean</p>	<p><u>Video: Lunge</u></p>