

# 24 DAYS TO BETTER POSTURE

**1** Perform 1 – 2 minutes daily to warm up prior to exercise



**2** Perform 10 reps



**3** Perform 10 reps



**4** Perform 4 reps each side



**5** Perform 10 reps



**6** Perform 6 reps each side



**7** Perform 2 X 10 reps



**8** Perform 2 X 10 reps



**9** Perform 2 X 10 reps



**10** Perform 6 reps each side



**11** Perform 2 X 10 reps



**12** Perform 8 reps each side



**13** Perform 3 X 10 reps



**14** Perform 3 X 10 reps



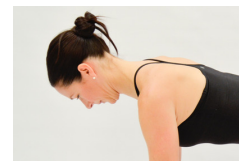
**15** Perform 3 X 10 reps



**16** Perform 8 reps each side



**17** Perform 3 X 10 reps



**18** Perform 10 reps each side



**19** Perform 3 X 12 reps



**20** Perform 3 X 12 reps



**21** Perform 3 X 12 reps



**22** Perform 10 reps each side



**23** Perform 3 X 12 reps



**24** *Happy Holidays!*

from  
**web**exercises®