

# Upright sitting with core activation



## GOAL

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Primary: Improve posture  
Secondary: Build muscles

## TARGET AREA

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Spine/Core

## DESCRIPTION

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This sitting exercise helps you develop a more upright posture and builds strength in the postural muscles of your core.

## HOW TO

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Sit toward the front of a sturdy chair.

1. Gently pull your chin and shoulders toward your spine while tightening your core/abdominal muscles.
2. Return to start position

Repeat.

Safety – Do not hold your breath!

## REPETITIONS

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2x5"