# Upright sitting with core activation



## GOAL

Primary: Improve posture
Secondary: Build muscles

## TARGET AREA

Spine/Core

## DESCRIPTION

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

## HOW TO

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

2x5"