



# Head to wall in standing

## 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 exercise helps prevent or decrease a stooping posture and strengthens postural muscles of your upper back.

## HOW TO

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Being by standing with your back and heels against a wall

1. Gently tuck your chin and pull your head back toward the wall
2. Relax your chin allowing your head to move forward slightly

Repeat

## REPETITIONS

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3x5"