Twitter Thread by Daniel Raz | The Fat Loss Coach



Daniel Raz | The Fat Loss Coach
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If you are experiencing

-Back pain
-Neck pain
-Poor sleep
-Headaches
-Joint degeneration
-Lacking motivation
-Decreased testosterone

Poor posture may be the reason.

Here’s what to do:

Stretch your chest

Almost everyone’s chest muscles are extremely tight, causing them to naturally hunch over.

Hold the wall/doorway and lean forward.

Hold this stretch for 20 seconds at least 3 times throughout the day.



Superman (Strengthens low back)

Lie on your stomach and raise your hands and legs as high as you feel comfortable.

You can look straight or down, whatever doesn’t strain your neck.

Hold at the top for a second and go back down.

Do 3 sets of 12 reps.



Sitting row (Strengthens mid back)

Sit with your legs straight, and back upright.

Puff your chest out.

Hold the band with your palms facing towards each other.

Squeeze your shoulder blades together holding for a second, and slowly go back.

Do 12 reps for 3 sets.



Wall slides (Strengthens upper back)

Your ankles, butt, shoulder blades, and head should be touching the wall.

Have your elbows at 90 degrees and bring your arms up touching your thumbs together.

Bring your elbows down and repeat.

Do 12 reps for 3 sets.



Bonus tips:

Pillow under knees sleeping position from BEST to WORST for posture:

-On your back, with pillow under knees
-On your back
-On your side, with pillow between knees
-On your side
-On your stomach

Also, take more stretch breaks and use a standing desk





Thanks for reading.

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My goal is to help you with:

-fat loss

-increase energy
-more confidence

https://t.co/yGCTBliQVM

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> — Daniel Raz | The Fat Loss Coach (@DanielRaz_Fit) November 25, 2022