Twitter Thread by Alpha Club



Alpha Club
@AlphaBuilder_

Do this daily for 3 months and you'll permanently fix your bad posture...

1. YTW

You're going to form a Y

Back to start position

Then you'll make a T

Back to start position

Lastly, you form a W

3 sets x 15 reps

2. Superman

This exercise will give strength to your:

■ Lower back
■ Upper back

Keep your chest up

Do not rest until you finish 1 set

Do 3 sets x 10 reps

3. Wall angels

This is definitely going to feel good for you

Do 3 sets x 1 minute

4. Superman

This is different way to do supermans

Do both

Do 3 sets x 10 reps as well

5. Book opener

Do this as far as you can

Pause for 1 second

Then, go back to start position

Do 3 sets x 15 reps

6. Spine rotation

Do 3 sets x 12 reps on these

Do each arm

This exercise is going to feel good

Heads up, this exercise should not feel like your working your lower back

It's for the top part of your back

7. Foam roller

End the exercise with foam roll

Do this for 3 sets x 30 seconds

My friend, thanks for reading!

Get back to me tomorrow and you'll learn on:

■Fitness
■Health
■Mindset
■Masculinity

Don't forget to follow @Alphabuilder_ ■