

## 1. Triangle To Square



1. Place heels 1-6" from the wall
2. Head, back, and buttocks must maintain contact with the wall
3. With wrists flexed, form a triangle with index fingers and thumbs. Reach out as far as possible at eye level without losing contact with the wall.
4. Bring elbows to your sides while pushing them back to the wall and down towards the floor as far as possible with palms faceup. Squeeze the shoulder blades together.

REPEAT 15 times.



### REMEMBER THE BASIC RULES

Do the Super 6 Posture Fix Twice Daily  
No Sleeping on the Stomach  
No Reading or Watching TV Lying Down  
Stand Tall...Sit Tall

For Questions, Please Call:  
Michael D. Berry, D.C.  
1500 East Katella Ave., Suite O  
Orange, CA 92687  
714-639-4640

## 2. “V” to “W”



1. Place feet 1-6” from the wall
2. Head, back, and buttocks must maintain contact with the wall
3. Bring arms out in front of body and touch elbows together forming a “V” with the wrists flexed to maximum.
4. Bring arms to the side so elbows, wrists and knuckles touch the wall...this is the “W” position.

REPEAT 15 times.



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## 3. Wall Slide



1. Heels, buttocks, shoulders, head, elbows and knuckles must maintain contact with the wall.
2. In the “W” position, slide hands as high as possible and bring them down as low as possible without losing contact with the wall.

REPEAT 30 times.

Note: You may not be able to do 30 the first few times you try this exercise...do your best. Keep at it until you can do it.



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## 4. Look Around



1. Right shoulder and arm maintain contact with the wall.
2. Retract chin.
3. Extend both arms straight out with palms touching and thumbs pointing up.
4. With feet together and parallel with the wall, rotate the left arm as far as possible to reach the wall behind (follow your hand with your eyes while rotating your head).
5. Rotate fully and touch the back of your hand and right shoulder to the wall.

REPEAT 15 times on each side.



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## 5. Body Bend Side to Side



1. Heels, buttocks, shoulders, backs of hands, and head maintain contact with the wall (**Penguin position**).
2. Place your hands as close to your sides as possible with your thumbs pointing away from your body. Thumb and pinkie must touch the wall.
3. Lean head to the right...lean body right...lean head left...lean body left.

REPEAT 15 times to each side



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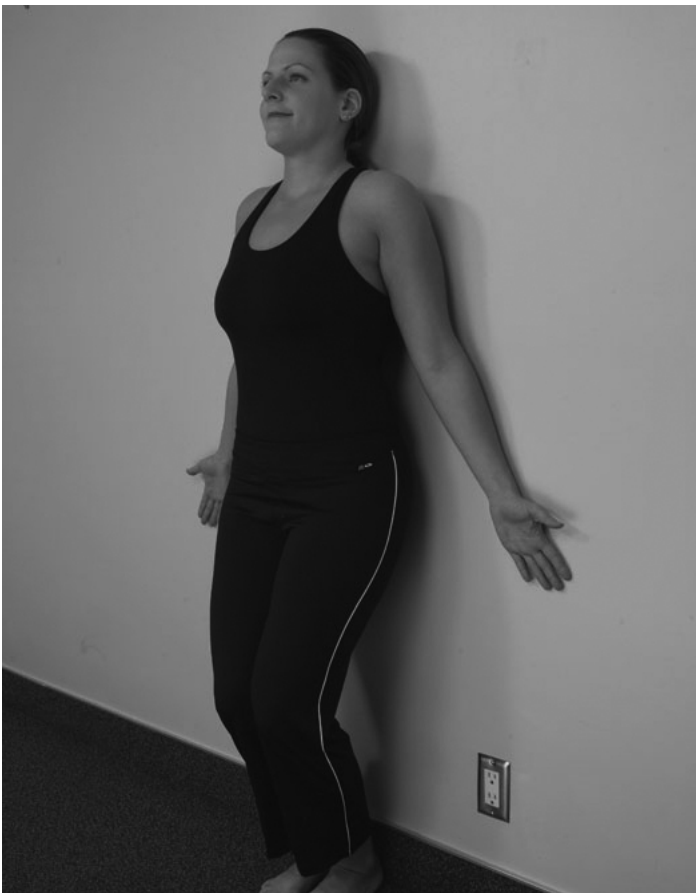
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## 6. Half Squat



1. Heels, buttocks, shoulders, backs of hands and head maintain contact with the wall (**Penguin position**)
2. Slide down the wall until knees are over your toes
3. Squeeze buttocks tightly and slide back up.

REPEAT 15 times.



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