



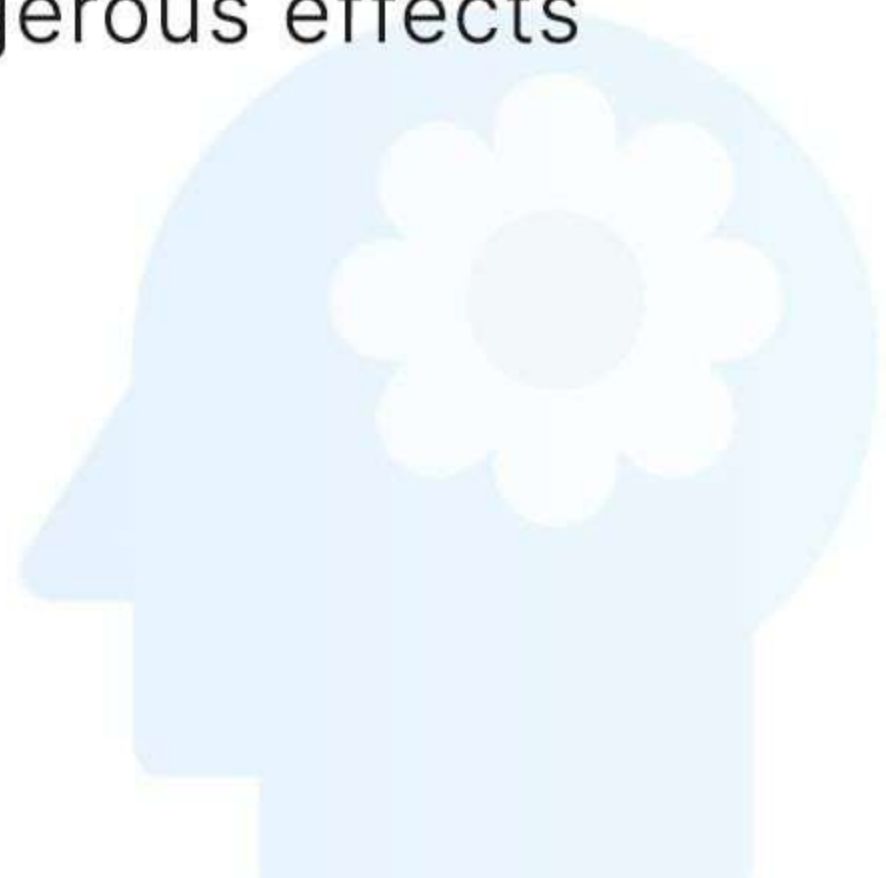
**If you sit for more
than 6 hours a day,
read this:**



Sitting for long periods can lead to:

- Poor posture
- Obesity & weight gain
- Neck, shoulder & low back pain
- Increased risk for depression + anxiety and more...

Here are 6 exercises to do so you can start reversing the dangerous effects of sitting:



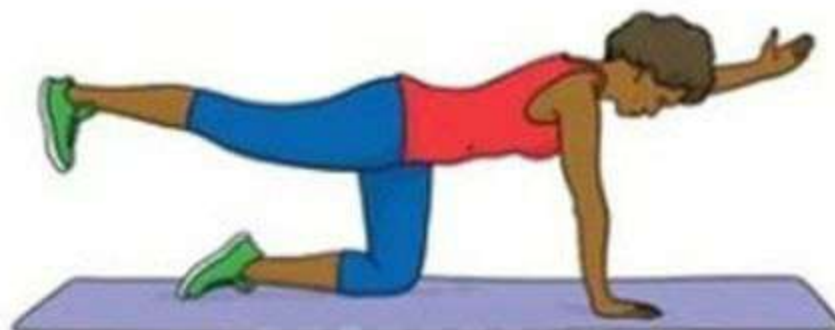
1. The McGill Big 3

This set of exercises consists of:

1. The McGill Crunch
2. Side plank holds
3. Focused & Activated Bird Dogs

They build endurance in the low back & abs while increasing core stability.

Here's how to do them:



2. Glute bridge holds

When our glutes are weak, we overcompensate by using the muscles in our back to stabilize our bodies.

One of the safer, more effective ways to activate & strengthen the glutes is by doing glute bridges.

Aim for 10-20 reps:



3. Bar hangs

One of the most underrated exercises on the planet is hanging from a bar.

Doing this helps with posture, shoulder stability & de-compresses the spine after sitting.

If you're a beginner aim for 30 seconds.

If you're intermediate aim for 1 minute or longer.



4. Cat Cows

Cat cow's increases the flexibility of the neck, shoulder & spine.

During this stretch, you activate the tailbone and release tension in the neck and upper back.

Aim for 8-10 reps in each pose:



5. Couch Stretch

Sitting for long periods of time tighten up the hip flexors, which can lead to back and knee pain.

The couch stretch alleviates pain in your back & knees while strengthening your glutes & core.

Hold this position for 30 seconds or longer.



6. Take a walk outside

One of the most underrated ways to burn calories, improve health & relieve chronic pain is by simply walking more.

Getting 8 to 10k steps a day can help to reverse the effects of sitting for long periods.

Motion is lotion. Use it.

