**Kyphosis**

A) Cat cow

https://youtu.be/LIVJZZyZ2qM?si=lvNOOQPLdug5GEAX

Starting position:

​•​Push on B1, B2, B3, B4

(You’re in the quadruped position: both hands and knees on the mat.)

Cat Pose:

​•​Maintain push on B1, B2, B3, B4

​•​Arch your back upward and tuck your head inward.

Cow Pose:

​•​Maintain push on B1, B2, B3, B4

​•​Drop your belly down and lift your head and tailbone up.

Repeat Cat-Cow alternation 5–10 times while keeping all 4 buttons pushed.

B) Thread the needle

https://youtube.com/shorts/ds3umIYJDrE?si=p38ZPVwrRlriG24K

Starting Position:

​•​On all fours (tabletop):

​•​B1 and B2 on the mat under shoulders

​•​B3 and B4 on the mat under hips

​•​Spine neutral, gaze downward

1. Pull B2 (right arm) up to the ceiling with open chest

2. ⁠Go back inwards through opposite arm (left)

3. ⁠Push B2 with (right shoulder)

4. ⁠Pull B2, go back starting position

5. ⁠Push B2

6. ⁠Pull B1 (left arm) up to the ceiling with open chest

7. ⁠Go back inwards through opposite arm (right)

8. ⁠Push B1 with (left shoulder)

9. ⁠Pull B1, go back starting position

10. ⁠Push B1

C) Scapular push ups from cat position

https://youtu.be/T5NR\_V3itJs?si=WDAq1jY\_33doWVNQ

Starting Position:

​•​On all fours (cat position):

​•​B1 and B2 (hands) on mat, directly under shoulders

​•​B3 and B4 (knees) on mat under hips

​•​B5 and B6 (shins/feet) resting on mat

​•​Core engaged, back flat

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Movement Sequence:

​1.​Push B1 and B2 – press hands into mat to spread shoulder blades apart

​•​This rounds the upper back slightly (protraction)

​•​Avoid bending elbows—arms stay straight

​2.​Pull B1 and B2 – allow shoulder blades to retract by letting the chest sink slightly between the arms

​•​Keep elbows extended, control the motion

​3.​Repeat – alternate between pulling (retract) and pushing (protract) the shoulder blades

Repetition:

​•​10–15 controlled reps

​•​Focus on isolating scapular motion, not bending elbows

D) Bird dog

https://youtu.be/HtMI17DGuTk?si=ZAOhuNvUOKG-dY2N

1.​Pull B1 (Left Arm) – lift forward to shoulder height

​2.​Pull B6, B4 (Right Leg, knee) – lift backward to hip height

​3.​Hold position for 3–5 seconds

​4.​Push B1 (Left Arm) – return arm to mat

​5.​Push B6, B4 (Right Leg, knee) – return leg to mat

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​6.​Pull B2 (Right Arm) – lift forward to shoulder height

​7.​Pull B5, B3 (Left Leg, knee) – lift backward to hip height

​8.​Hold position for 3–5 seconds

​9.​Push B2 (Right Arm) – return arm to mat

​10.​Push B5, B3 (Left Leg, knee) – return leg to mat