











Costa Performance Posture Level 1

Exercise	Reference	Reps	
1. Lying Y's		2x10	*Pinch Shoulder blades together and squeeze for 2 sec. Do not arch lower back
2. Lying W's		2x10	* Same as Y's (keep thumbs up to ceiling)
3. Wall Slides		2x10	Keep Lower back on wall- try to keep wrist & elbows on wall
4. Retraction & Protraction		2x10	Pinch shoulder blades behind you- keep body in straight line-start on your knees if needed.
5. External Rotations		2x10 ea	* NO DUMBBELL - Make sure to keep elbow even with shoulder
6. Handcuffs		2x10	Keep Head in line with body and hands off of the ground
7. Thoracic Spine Extension		2x10	Keep your hips on the ground and your elbows apart. Breathe.
8. Cuban Press		2x5	Same steps on the way back down.