



BEFORE

The Anti-Computer Routine



AFTER



Exercise 1: Doorway Stretch

DOORWAY STRETCH: Stand inside a doorway. Bend your arm 90 degrees (like you're giving a high five) and place your forearm against the doorframe. Position your bent elbow at about shoulder height. Rotate your chest until you feel a nice stretch in your chest. Hold it for 30 seconds. Repeat with the opposite arm. You can emphasize different parts of your chest by adjusting the height of your bent elbow on the doorframe. The lower your elbow, the more your pectoralis major gets stretched; the higher your elbow, the more you stretch your pectoralis minor.



Exercise 2: Pectoral Ball Smash

PECTORAL BALL SMASH: Simply place the ball between your chest and the wall. Roll the ball around on your chest until you find a "hot spot" — you know you've found one if it hurts when the ball rolls over it. When you find a trigger point, stop and just rest on the ball for 10 to 20 seconds. Continue rolling and finding more trigger spots. Just do a five-minute session of the pectoral ball smash 3X a week.



Exercise 3: Shoulder Dislocations

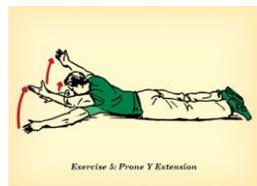
SHOULDER DISLOCATIONS: This movement does wonders for loosening up shoulders that have become tight from years of turning inward while slouching. Don't worry, you don't actually dislocate your shoulders with this exercise!

You'll need a PVC pipe or broomstick that's about five feet in length. Hold the broomstick in front of you with an overhand grip. Start off with a pretty wide grip — as wide as possible. As your flexibility increases, you can begin to narrow your grip. Slowly lift the broomstick in front of you, then over your head, until it hits you in the back/butt area. Then come back to the starting position. Again, do this SLOWLY. If you do it too fast, you're likely to injure yourself. Do three sets of 10 reps.



Exercise 4: Thoracic Extension on Foam Roller

THORACIC EXTENSIONS: To increase mobility so that your thoracic spine isn't so hunched over, do some extensions on a foam roller (you can also use a rolled towel but it needs to be firm). Place the foam roller under your upper back. Feet and butt should be on the floor, place your hands behind your head. Begin to roll the foam roller up and down your back, searching for "hot spots." When you find one, lift your head up and really dig your back into the foam roller. Roll for a few minutes.



Exercise 5: Prone Y Extension

Y EXTENSIONS: Lie facedown on the floor and put your hands above your head in a "Y" position with your palms facing down. Lift up your torso while simultaneously rotating your shoulders so that your palms face each other at the top of the movement. Keep your head in line with your neck and back. Hold that position for 5 to 10 seconds. Slowly lower yourself down to the starting position and repeat 10 more times.



Exercise 6: Wall Angels

WALL ANGELS: Start with knees slightly bent, and your lower back, upper back, and head pressed against the wall. Arms are also on the wall, with your wrists and elbows against it (only if you can — don't force this!). Think of putting your arms up above your head in a "hold up". Move your arms up above your head, like a snow angel. The key is to keep your wrist, elbows and entire back pushing into the wall. The tendency will be to arch out. If your backside, elbows or wrists lose contact with the wall — you're doing it wrong. Do this 10 times.

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