Squatting Bar Reach

1. Position yourself behind a door frame, and place the bar on the outside of the frame as pictured above.
2. Keep your feet shoulder width apart and pointing straight ahead.
3. Round out your back as you tuck your bottom under you.
4. Keep your weight through your heels and hold onto the bar as you slowly squat down keeping your back rounded. Squat as much as you can without letting your heels come off the floor.
5. Hold this position for 4-5 deep breaths in through your nose and out through your mouth. Attempt to fill or expand your upper back chest wall with air on each inhalation.
6. On the final exhale, slowly stand up by pushing through your heels and keeping your back rounded.
7. Relax and repeat 4 more times.

Reference Center(s): Left abdominals, Left heel, Right arch

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