

Dave Reddy's
#everydaystrength
and movement lifestyle

Starter Kit



An introductory plan for building
the strength you need for every day.

By: Dave Reddy, MS, CSCS
DaveReddy.com

What is Everyday Strength and Where Do We Get It?

“Everyday strength” is lifting your toddler without nagging your back. It is walking end-to-end at the airport, carrying heavy luggage, without a problem. Everyday strength is getting down and back up from the floor with ease. It is hitting a golf ball, dunking a basketball and opening a tight jar lid. It is strength we use daily to perform tasks.

Fitness can be defined as your ability to perform a physical task. More examples include pulling a cord to start a lawnmower, jogging one mile, and getting up from a low couch without assistance. Each of these tasks requires a combination of *fitness skills*: strength, balance, coordination, flexibility, and endurance, and *movement skills*: walking, pushing, pulling and squatting, to name a few of each. Physical strength may be the most important fitness skill because it is necessary for all fundamental human movements. We call these the “everyday moves.”



In the near future, as part of your routine health check-up, medical doctors will be testing your grip strength as readily as they do your resting heart rate and blood pressure. This shift in practice is the result of a growing body of research correlating these strength and movement skills (such as getting up unassisted from the floor) with mortality rates. It is that important and because it is a skill, like any other, it can be improved through practice.



Training for Everyday Strength. This Starter Kit will illustrate ways to improve your strength in the most practical, purposeful ways. You will learn the “everyday human moves” and how, by practicing these, you will not only improve how you feel during everyday tasks, you will also improve your posture, flexibility and balance.

Everyday Strength also means waking up with that first alarm in order to make time for your daily walk. It’s taking a few extra minutes to prepare and pack a healthy meal for the day. It’s the reason you say, “No, thanks,” to an extra beer after dinner and, “Yes” to an extra set of push-ups during a workout. Whether you call it motivation, inspiration, drive, or discipline, it’s this kind of everyday strength that keeps you focused and keeps you moving. This kind of strength leads to a *movement lifestyle* and is something that can always be improved.

Living with Everyday Strength. This Starter Kit will provide the basics for setting your fitness goals and aligning your daily routine to meet those goals.

I’ve been a professional fitness coach for 20 years, helping people with weight loss, athletic performance, strength training, and general health-consciousness, and the number one thing that I’ve learned in those years is this: **improved strength fixes most problems.**

This Starter Kit is only a fraction of the template I use with each of my clients, groups and teams that I train. Please feel ask any questions as you review the exercises. I am constantly updating this packet with new exercises and fitness tips.



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Fix your strength because strength fixes most things.



Disclaimer

The following information is in no way intended as medical advice. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before attempting the exercises in this e-Book as you would with any exercise program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in this program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of Dave Reddy, REDDY Health & Performance, Inc. or any employee of REDDY Health & Performance, Inc., there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against REDDY Health & Performance, Inc. or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the enclosed program.

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How to use this Starter Kit and Exercise Sheets

1. Read through the 4-step plan on the following page. Answer the questions to help you get focus on incorporating these exercises into your daily routine.
2. Review the exercise sheets. These are the Cliff notes, if you will, for the complete #everydaystrength program. So, while they do include instructions and pictures of each exercise, the instructions are limited. Practice these moves the best you can, ask your trainer when you meet with one of us, or [email us](#) with any questions.
3. Print the sheets so you can refer to them according to your plan. Start with doing one sheet, or even one series on one of the sheets, per day after a 10-30 minute walk.
4. As the Sample Plan on the next page suggests, you can mix the sheets up each day, performing one or two series of moves each time you exercise. Your goal is to move every day. Some days you “train” for 30-45 minutes, some days you will schedule 2-15 minute “movement breaks” into your routine. The goal is daily movement.
5. To build practical strength and movement confidence, focus on improving the “Everyday Human Movements” (Parts 1 & 2) exercises. Practice these 3-4x/week. All of the other sheets focus on improving on that foundation of everyday movements.
6. Look out for new videos describing and instructing all of these exercises.
7. [Email Me](#) any time with questions about anything you see here.
8. Finally, as you will read in the “Stretching & Mobility Principles”, “does it hurt?” is a Yes/No question. If it hurts, stop. If it feels sketchy, it probably is. Explore the way your body moves with a goal of developing strength and movement, but do not do so if you feel pain. Physical pain has no place in “everyday strength” aside from telling you something needs to be addressed.
9. Now let’s go get stronger.



Four Step #everydaystrength Plan & Journal

1

Your Fitness Identity

What does it mean to you to be fit? (Jot down a few words or phrases or describe in detail what fitness may mean to you today. For example: "strong", "energy to play with kids", "taking less medication", "lean", "feel good first thing in the morning", "rested", "healthy", "250 yard drive", "fast", "able to help a friend move a couch.") These goals clarify and feed your fitness identity. This identity reminds you who you are, and motivates you to focus on that vision.

2

Your Team

Who do you talk to about your goals and progress? Who supports you, and who are you supporting to help them achieve their goals? Do you have a walking partner? Do you need an exercise class to commit to? Are you getting your family involved? Who is helping you with healthy food choices and preparation? Make a mental note of this or journal a few ideas and people on your team.

3

Your Movement Lifestyle

First, stand up. Yes, right now. If you can, go for a 10 minute walk before continuing. Your goal is more movement, any where, any time. Now, schedule a daily "movement break", whether for 2 or 45 minutes. Open up your calendar and get those scheduled. If you don't have time to walk, then go to Step 4 and begin practicing the following sheets. What time of day is best for your breaks?

4

Your Daily Practice of the Exercises on the Following Sheets

Review the following stretching principles & exercise sheets - start with any one of them and just explore the moves. With a pencil, mark which ones are tougher than others, and which ones feel the most beneficial. These are starting points to complement the videos and other exercises we do.

Sample Plan

Here is a sample weekly schedule to consider. Model your plan after this one:

SUN	MON	TUE	WED	THU	FRI	SAT
20 min walk E.S. Moves 1 Hips & Thigh	Core Stretch Series	10 min walk Upper Back/Posture	20 min walk E.S. Moves 2 Core	20 min walk Stretch Series	10 min walk E.S. Move 1 Hips & Thigh	30 min walk

Training for **#everydaystrength** *Stretch & Mobility Principles*

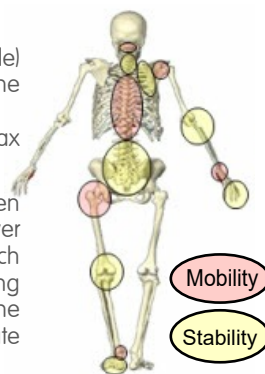
Keep Working, Playing and Moving with these 8 #everydaystrength Stretch & Mobility Principles

1. Effective stretching is an acquired skill - please be patient, your time invested will become more effective and efficient with practice. Just as athletes practice for games, we should all practice (and stretch) for life.
2. Hold static stretches for 2-3 minutes - use a timer to be sure the stretch is adequate. If you do not do this, you may cut the stretch short due to pain or incorrect estimation of how long you have been holding the stretch. Research shows 2 minutes is required to affect soft tissue (muscle) length.
3. Stretch desired movements & positions - how do you want to move better? What has tightened up by sitting all day? Your stretching/mobility sessions should usually mimic the move you are attempting to improve and/or unglue your body from the posture you have been in most of the day.
4. Test & retest to see if the stretch made a difference - consider what result you are aiming for and test that movement and muscle tightness before and after the stretch to be sure it is causing change. For example, do 5 squats before and after you stretch. Learn what works for you and work it until you feel a difference.
5. If you plan to live and play hard, you must stretch hard - most of us are hard on our bodies, working and sitting with poor posture most of the day. If you sit most days, but want to get out and garden or golf for four hours this weekend, stretch enough to counteract the sitting you are doing. Stretch today, play more tomorrow.
6. "Does it hurt?" is a YES/NO question - if you feel pain or you think the stretch is doing more harm than good, it probably is. Stop. Find a new position, body part or just revisit it tomorrow.
7. Stay hydrated - dehydrated muscles are not flexible, tear easier and decrease your speed and overall performance. Aim for half of your bodyweight in ounces during most days, especially when you plan to be outside more or are training.
8. "Tight" doesn't always mean "stretch it" - what seems to be a tight or short muscle is often a stiff muscle caused by weakness, injury, poorly functioning muscles or a body part out of alignment. First, focus on a nearby joint or massage the effected muscle to cause change and release tension from the area.

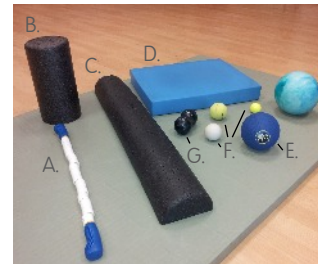
Mobility 101 - Joint by Joint Approach

To move well, your body uses a balance of stability in some areas and mobility in others. For example, your shoulders are more flexible (or mobile) than your knees due to their purpose. Check out this graphic and note the "every-other" joint by joint pattern through the body. When your ankle is tight, your body compensates by forcing your knee to be more mobile (lax or loose) to maintain the relative pattern, resulting in knee instability.

If this compensation remains, problems (aches & pains) occur. Thus, when your knees hurt, it may mean your hips or ankles are tight. Or if your lower back feels extra stiff, there is a good chance your upper back or hips, which should be more flexible, are tight. Your body makes up for this by increasing muscle spasm in your lower back. You may not need that second cortisone injection in your knee but instead just 6-10 min. a day of the appropriate ankle, hip and upper back stretches and mobilization techniques.



Home Bodywork Tools



- A. The Stick
- B. 12" Full High-Density Foam Roller (the more popular type is longer and 36" long)
- C. 36" Half Foam Roller
- D. Airex Pad (you can also use pillows, exercise mats or couch cushions)
- E. The Orb (our favorite rolling tool)
- F. Lacrosse, Tennis, Golf and semi-deflated kid's kick ball
- G. Peanut - two tennis or lacrosse balls held together with electrical tape

Unglue Your Muscle Tissue with These Self-Massage Techniques

Reducing the injury and pain-causing tension put on your joints by tight muscles requires more than just stretching. Begin with the ideas below and take time to find the knots, trigger points and matted down, stubborn tissues throughout your body to unleash your recovery and performance capacity.



A. Pick up "The Orb" on Amazon.com to dig into your hamstrings (pictured) and other tight areas.



B. The calves and heel cords are thick, stubborn areas. A PVC pipe may be necessary.



C. Begin with a foam roller to hit your glutes, you can graduate to a tennis or lacrosse ball.



D. When your "IT Band" tightens up, your knee will start barking. Roll from your hip to your knee.



E. A tennis ball can be used all over - smash it like this for bunion pain and plantar fasciitis.

Fix Your Strength Because Strength Fixes Most Things. #everydaystrength

DaveReddy.com
Facebook.com/reddyhp

Dave@DaveReddy.com
WGFitnessGroup.org

The fundamentals of education (basic math, reading, and writing) lay the foundation within a larger continuum for a progression into more advanced languages and problem solving skills and challenges.

The physical movement continuum is no different. Certain movement patterns help lay a similar foundation allowing you to progress towards more advanced exercises and physical demands. We use these moves every day.

Quality must precede quantity. To get fit and prevent injury, we must learn the basics before training the advanced exercises required to improve fitness and strength.

Walking & Agility Exercises

Walk on Your Heels & Toes



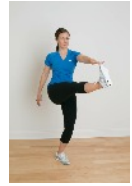
High Knee March



Knee Bend Walks



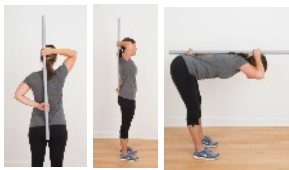
Monster Walks



10-30 min daily walks is a great place to start for building fitness. The next step is to mix in the agility moves pictured here: 20 steps per move; also included but not pictured are the side shuffle, grapevine pattern, walking backwards, skipping, and walking while looking left and right and left again.

Bending, Bowing & Dead Lifting (Picking Things Up) Exercises

Organize the Spine



Using a broom stick or PVC pipe held against your head, upper back and bum is a great way to practice a strong, straight posture when bending and bowing.

Bend at the Hips (Bow)



The fault here (left) is at the upper back into the neck. This leads to neck, shoulders & back pain. The right pic is a true "hip hinge" where the spine stays straight.

Waiter's Bow & Pick Ups



When performed correctly, you feel a stretch in the back of of your thighs. Keep this posture when you pick something up, "using your legs, not your back."

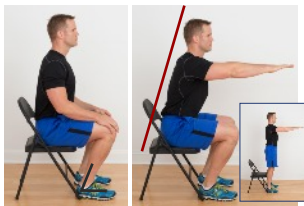
Bending with Athletic Moves



Whether picking up your child, or playing sports, this movement pattern is vital for a durable spine and generating sufficient physical strength and power.

Squatting & Sit to Stand Exercises

Sit to Stand



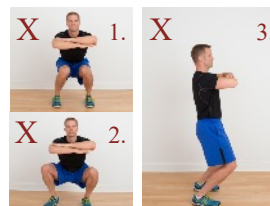
With your feet hip width, spine tall and straight, pull your heels back under your chair, and stand up without rocking or using momentum.

Genie Squat



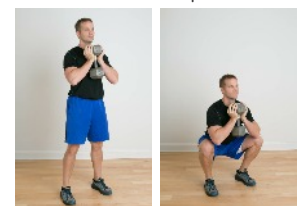
Practice this "air squat" without a chair to develop hip strength and to control your bodyweight. Initiate the move with your hips.

Squat Mistakes & Fixes



1. Press your knees out as you sit and squat. 2. Keep your toes pointed at similar angles straight or out a bit. 3. Initiate with your hips, not your knees.

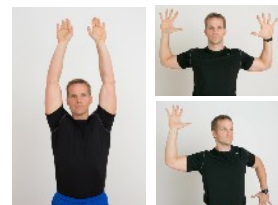
Loaded Goblet Squat



If and when you are squatting, well, develop more strength by performing a "dumbbell goblet squat." Practice 3 sets of 10 reps.

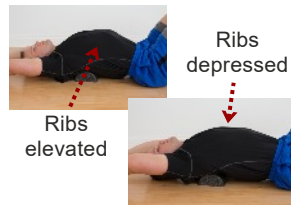
Overhead Position, Pulling & Hanging Exercises

Overhead Reach Position



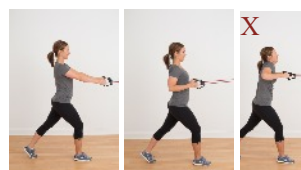
Reach straight up over head in the mirror and note how straight your elbows remain. Rotate your shoulders with the moves shown.

Upper Back (T-Spine) Stretch



Lie on a pillow, half roller or peanut at different t-spine segments to mobilize stiff spots between your shoulder blades. Explore this for 2-5 min.

Rubber Band Row



With a rubber band, stand in an "inline lunge" position, and "row" your elbows back just past your waist. Do not shrug your shoulders or allow your shoulders to round forward as you pull your elbows to your side.

Monkey Bars



Keep your feet on the ground as you feel this one out. Practice hanging with your grip tight, elbows slightly bent and ears pulled away from your shoulders.. (This is not a "dead hang.") Work up to hanging with your feet off the ground, and then shifting your weight left to right and back.

Fix Your Strength Because Strength Fixes Most Things. #everydaystrength

These “fundamental human movement patterns” are also the movements our ancestors used for basic survival. If they could not run, squat, push, bend, drag and carry, they could not “hunt and gather”, rather, they could not survive.

Our bodies are built for movement. As long as we are moving, we are healthy. But in our modern lifestyle, where we can socialize, make an income, order food and entertain ourselves all while sitting on a chair, we have phased out this basic need for movement. This is bad.

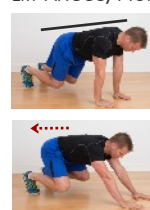
Let's start rebuilding our natural state of strong, confident movement by practicing the moves included here.

Hands & Knees / Rocking

Rocking



Lift Knees, Hold & Breathe. Slowly Rock if You Can.

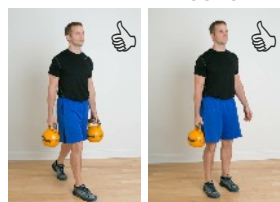


Rocking with knees lifted is more advanced. Get comfortable holding the “knees lifted plank” first before trying.

There is a strong correlation between a fit, healthy body and one's comfort level with simply getting down on the floor. These are a few good moves to practice daily for developing total body strength and confidence for moving on the floor and when standing.

The Carry

Farmer's Walk | Luggage Walk



One the most effective, yet under utilized exercise in fitness today. The important thing is to be mindful of your carrying posture all of the time.

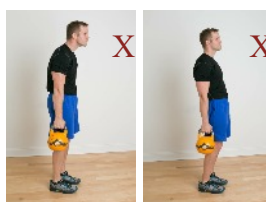
Side Compensation



This is most commonly seen with new moms carrying their babies, and the effects last a life time. Mindfulness is key.

When leaving the grocery store with a bag of groceries, or carrying your (grand) child, how much are you shifting your weight onto one hip?

Postural Compensation



We also see this compensation in kids carrying heavy back packs. Be mindful of how you are distributing your weight and strength.

Racked Carrying Positions



Another great move to improve dynamic, postural strength and balance while carrying something on one side, or over one shoulder.

Pushing & Planking Strength

Push Up



Start by slowly lowering your body from the top position down to the floor under control. Do not allow your elbows to flare out to the sides.

Plank to Overhead Push Up



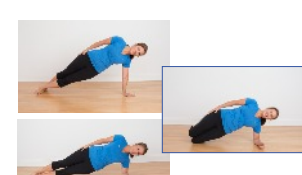
A great move for shoulder durability and strength, pull you hips up and back to get a stretch in your legs and hips. Start with 3 sets of 5 reps.

Plank Variations



Strengthen your entire body with the plank, especially your shoulders and core. Practice each of these variations for 10-45 seconds each.

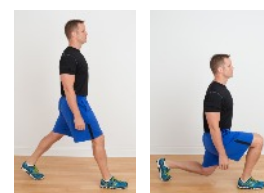
Side Plank Variations



To focus on one side, practice these moves for 10-45 sec each. Make sure your arms are vertical, and pull your shoulders away from your ears.

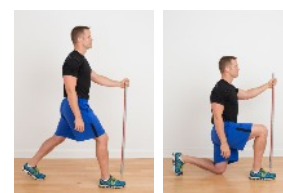
Lunging, Half-Kneeling & Getting Up from the Floor

Inline Lunge



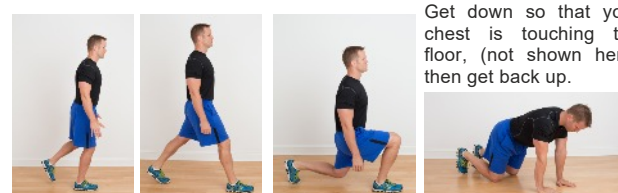
First make sure you feel balanced in the “inline” stance pictured left. Then lower your back knee to the floor. Practice 2 sets of 8 reps per side.

Inline Lunge w/ Assist



If the Inline Lunge gives you trouble, find something to hold on to, whether a counter top, or PVC pipe or broom stick as pictured.

Getting Up & Down from the Floor



Get down so that your chest is touching the floor, (not shown here) then get back up.

One of the primary reasons people end up in assisted living centers is their inability to get up from the floor. This fundamental ability is a sign of strength and vitality. This could be the best exercise you can do for your entire body, especially when performing advanced variations holding dumbbells or kettlebells.

Your daily exercises should revolve around strength you use everyday.

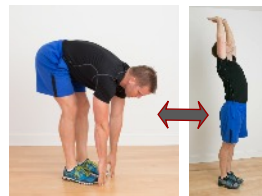
The Everyday Strength *Stretch* is a continuous series ("flow") of stretch-positions you can use any time to prepare for activity (i.e. pre-game stretch) or to loosen up from a long day at your desk and/or assess your body for imbalances that may lead to injury.

The key to this sequential stretch is to move in and out of common positions and movements you use, or should be using every day. Focus on each pose plus the transition from pose to pose as if each was an individual skill to improve.

Begin by working through the entire 13 step sequence at your own pace. Make sure to hit each leg on the Runner's Pose and Half Kneeling Series. Go back and practice the poses, transitions and series that are the most challenging for you. Spend about 2 minutes per series below after a 10-30 minute walk.

Toe Touch Series

1. Toe Touch & High Reach



Reach high over head between each toe touch. Touch your toes regardless of how much you need to bend your knees. 2 sets of 10.

Runner's Pose Mobility Series - 10 sec per side of each exercise

2. Regular Runner's Pose



Pull one leg back from your toe touch, your hands should be shoulder width, similar to push up position. Note your tight spots.

3. With Heel Drop



Slowly work into this position by rotating your leg first. Stop if you feel any inside knee or groin pain aside from a "good" stretch.

4. With Forward Reach



Get as long as you can from the finger tips of your hand to the heel of your opposite leg. Hold for a few counts before reaching high.

5. With Twist & Reach



Reach straight up, no further, and do not let your front knee fall out to the side. If this bothers your shoulder, twist without the reach.

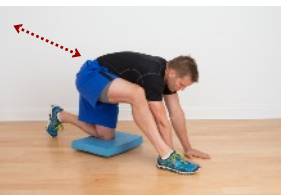
Half Kneeling Mobility Series - 30 sec per side of each exercise

6. Hip Flexor Stretch



Supporting yourself with your arms, press your chest forward and feel the stretch in the front of your hip. Work in and out of this position.

7. Hamstring Stretch



Keep your back flat and your front toes pressed into the floor as you pull your hips straight back to stretch your front hamstrings.

8. Hip/Ankle Mobilizer



Press your fore foot into the floor and hold it there as you trace a capital "D" with your knee to mobilize your hip and ankle at the same time.

9. Half Kneeling Twists



In a balanced, "half kneeling" pose, rotate your upper torso using your hands for support and without for more active, muscle engagement.

Plank & Spinal Mobility Series - 10-30 sec per side of each exercise

10. Plank (w/ Row)



Keeping your elbows straight, pull your shoulders away from your ears and breath deeply. (Optional: "row" your elbows back to your waist)

11. Overhead Push Up



Keeping your back nearly flat, pull your hips up and back, let your heels drop towards the floor and press your chest towards your toes.

12. Press Up

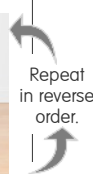


Lower yourself down to the floor, then press only your chest and shoulders up off of the floor while relaxing your hips on the floor.

13. Tuck & Reach



Sit back on your heels with your hands extended forward. Breath deeply into your stomach. Widen your knees to change the stretch.



Move well. Move often. You are how you move. #everydaystrength

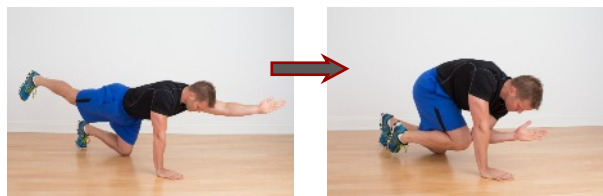
If practiced 2-3 times per week, these foundational core muscle exercises will build your "anterior wall" of stomach muscle strength.

This is a great place to begin to increase your "core strength," defined as your ability to brace or stabilize your mid section while the rest of your body moves.

Explore the movements in each series below, stopping if you feel pain. Progress up to practicing 2-3 sets of 6-10 reps of each exercise for a complete core workout.

Bird Dog Series

Extend & Reach to Tuck and Touch Elbow to Knee



A great move for balance and coordinating your right and left core muscles similar to how they work when walking and running. Extend and reach without your lower back drooping, then touch your knee to your opposite elbow for 6-10 times per side.

Straight Leg Sit Up & Seated Against Wall Stretching Series

Sit Up Start



Try to keep your heels on the floor throughout the movement. Use your abdominal muscles to pull you up and lower you back down each rep.

Sit Up End



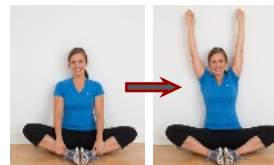
Sit up to a tall position with your chest up and arms reaching towards the sky. Lower yourself under control back to the floor.

Hamstring with High Reach



Move your lower back as close to the wall as you can so your hips are near 90 degrees, press your big toes and ankles together for 5 sec at a time. Work in some high reaches too.

Butterfly with High Reach



Begin in the same position, but pull your heels together to stretch your inner thighs. Press your knees towards the floor and reach high to increase the intensity.

Fit Ball Roll Out with Modified Tuck & Reach Stretches

Fit Ball Roll Out Start



Start in a tall position and begin to fall forward with out bending at your hips too much. Extend your arms until your nose reaches the ball.

Fit Ball Roll Out End



Think about your ab muscles applying the brakes at the bottom, then contract your stomach to pull yourself back up to the start.

Fit Ball Tuck & Reach



With your arms parallel and resting on the ball, relax your chest towards the floor to stretch your under arms and shoulders.

1 Arm Fit Ball Tuck & Reach



Support yourself with one arm and stretch one side at a time. You can also put the ball out to the side and stretch your shoulders and chest.

Plank Row with Posterior / Anterior Stretches

Push Up Plank



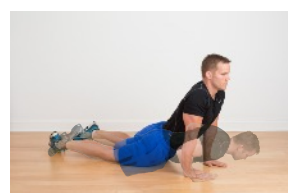
Keeping your elbows straight, pull your shoulders away from your ears and breath deeply. Your index fingers should point straight ahead.

Plank Row



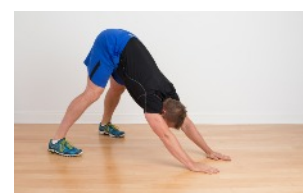
Widen your stance beyond your hip width, and "row" your elbows one at a time back to your waist keeping your hips square to the floor.

Press Up



Lower yourself down to the floor, then press only your chest and shoulders up off of the floor while relaxing your hips on the floor.

Overhead Push Up Plank



Keeping your back nearly flat, pull your hips up and back, let your heels drop towards the floor and press your chest towards your toes.

Fix Your Strength Because Strength Fixes Most Things. #everydaystrength

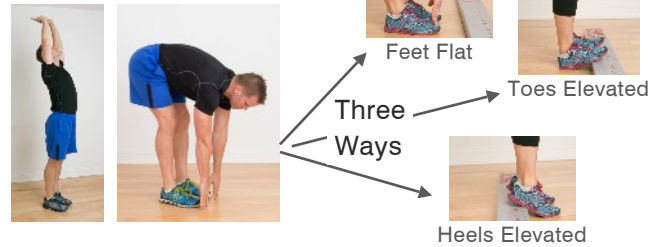
As noted on the Stretching & Mobility sheet, when your hips are tight, your low back and knees pay the price. Two ways we focus on keeping your back and knees strong and durable is to mobilize your hips and thighs.

If you were to spend 10 minutes a day to master no other stretches but the ones on this sheet for the rest of your life, you would develop and maintain some of the most resilient hip and knee joints that could literally keep you out of the orthopedic doctor's office for decades to come.

Spend 3-5 minutes with each series below.

Toe Touch Series

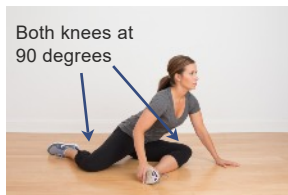
1. Toe Touch & High Reach



Reach high over head between each toe touch. Touch your toes regardless of how much you need to bend your knees.

90-90 Hip Mobility Stretch (with hand support) - practice 2 minutes per leg forward

90-90 Position 1



Pull one leg back from your toe touch, your hands should be shoulder width, similar to push up position. Note your tight spots.

90-90 with Twist



Slowly work into this position by rotating your leg first. Stop if you feel any inside knee or groin pain aside from a "good" stretch.

90-90 Recline Position



Get as long as you can from the finger tips of your hand to the heel of your opposite leg. Hold for a few counts before reaching high.

Incorrect 90-90 Posture



Do not flex your back forward. "Hinge" only at your hips. This faulty posture puts the stress on your spine, not your hips and thighs.

Three Way Clock Hip Stretch (Half Kneeling) - practice 1 minute per leg forward



Starting position at "12 o'clock"



Step out to 1:30, keep hips squared to front



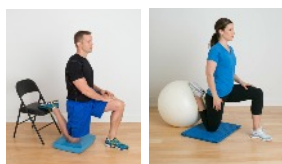
Continue to 3:00, stay tall throughout. Side view - keep your back straight



Do not let your low back drop, keep your abs tight

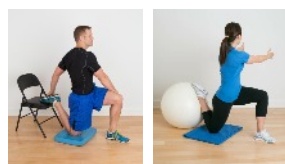
Couch Stretches for Quad/Thigh/Hip Flexor Flexibility - 1-2 minutes per side

Couch Stretch (2 Variations)



Also can be done with one knee on the couch, stay tall through your upper torso and explore the stretches in your hips and thighs.

with Twisting Variations



Keeping your back nearly flat, pull your hips up and back, let your heels drop towards the floor and press your chest towards your toes.

with Lean and High Reach



Keep your stomach braced or pulled in slightly during these poses. Reach high for 3-5 deep breathes in the right picture to release your waist.

Seated Hip Opener and Lower Back Stretch



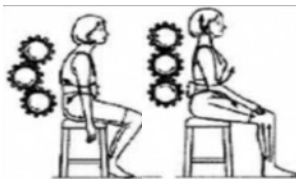
Sit up tall. You can also gently press down on your knee to "open" your hip in the left pic. Reach for the chair and push your hips back in the right.

Training for strength must include moving well first. Quality before quantity.

"Thoracic spine mobility" is a fancy way of saying "how well does your upper back or spine move?" Sitting at a desk looking at a monitor can cause neck, shoulder and lower back aches because your upper back becomes stiff in this flexed forward position, when it is meant for mobility to move well.

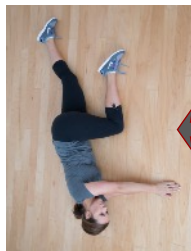
Below are several exercises to unglue you from your desk chair posture that may alleviate head-ache and back-ache causing compensations.

Brugger's Cogwheel (pic'd right) illustrates the effect of poor sitting posture on the rest of your body.



Lying Upper Back (T-Spine) Mobilization

Half Pretzel Rotating Clap x 10/side



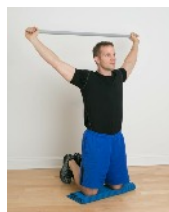
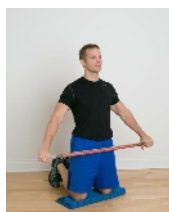
Full Pretzel



Lying on your side, with hands together, rotate and "open your chest up" to the sky and relax your opposite shoulder to the floor.

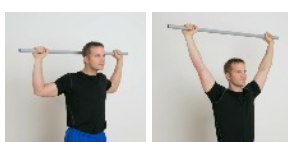
PVC Pipe/Broom Stick Mobility Series

Front to Back



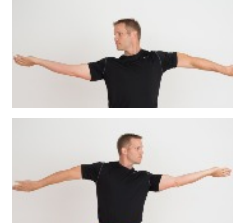
With your PVC pipe or broom stick, hold as wide as you can at the ends and reach up, over head and to your lower back in one controlled motion, come back over again to complete one rep. Try to keep your elbows straight for 10 reps.

Unloaded Overhead Press



To mobilize your shoulder joint and t-spine and to strengthen your upper back muscles, press the dowel from your upper back overhead and back again 10 times without throwing your head and chin forward.

Egyptian T-Spine Exercise



Start with arms to the side, one palm up, one down, and as you rotate your arms, look left to right and back.

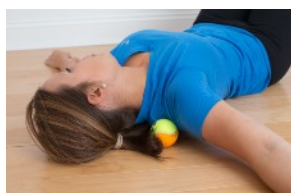
Other Foam Rolling & Tennis Ball Spots to Explore

Side Rib Massage



Place the ball between your shoulder bald and ribs and explore knots throughout this area while breathing deeply.

Upper Back Massage



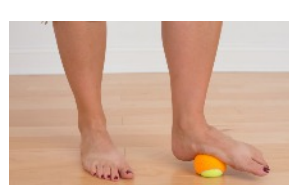
Work out upper back knots while jamming the ball into this upper back pocket while reaching overhead to hit these spots.

Foam Roller Snow Angel



This simple stretch delivers more bang for your posture improving buck than most exercises. Lie in this position for 2-15 minutes, changing position or stop if you feel pain.

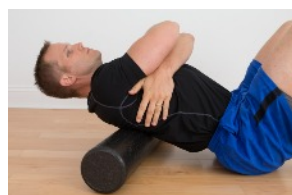
Bonus Foot Massage



Keep a "peanut" or tennis ball under your desk and explore your arch and foot muscle knots for a few minutes each day by mashing and rolling the ball under your barefoot.

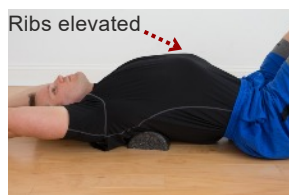
Foam Roller Roll & Extension Series

Upper Back Roll



Massage the muscles and adjust the segments of your t-spine with this rolling move. "Roll" from the base of your neck to your mid back.

T Spine Extension A.



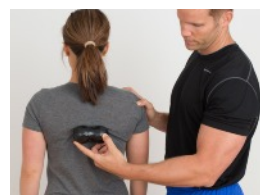
Lie on a pillow, half roller or peanut at different t-spine segments to mobilize stiff spots between your shoulder blades. Explore this for 2-5 min.

T Spine Extension B.



As you are lying back, take deep breaths and exhale until you feel your ribs depress. This will help stretch out your back.

Peanut Positioning



This is the approximate starting position lying back on the peanut. Start here and practice moving it slightly down to each segment of your back.

Move well. Move often. You are how you move. #everydaystrength

Join the #everydaystrength Club

Strength in Numbers. A community who moves together stays together.

If you have any questions please contact me, or join our community for updates, discussion and online. Note the You Tube description below for finding exercises included in the enclosed workouts.



Dave - (m) 314.477.6520



Dave@DaveRddy.com



Facebook.com/reddyhp



DaveReddy.com



[@Davepreddy](https://twitter.com/Davepreddy)



[Dave on LinkedIn](#)



Search any of the exercises in the included workouts by typing in “Reddy”, “DaveReddy.com” followed by the exercise. Click here to go to our [YouTube Channel](#). Dave Reddy’s YouTube Channel currently has more videos of these exercises and can be found here: [Dave’s YouTube Channel](#).

If you would like more details and instruction for any of the information enclosed, [contact me](#) here.

Why #everydaystrength?



As a fitness coach, I have been helping people look, feel, move, and play better for 20 years. My clients include junior high and college-bound high school athletes, busy moms, business executives, and active seniors.

As the Director of the Exercise Science Undergraduate Curriculum at Webster University in St. Louis, MO, I develop and teach classes on career success, strength training and physical movement for the next generation of physical therapists, fitness pros, and athletic trainers.

Whether coaching people toward their goals, or mentoring tomorrow's fitness and rehab specialists, I have my finger on the exciting pulse of the merging worlds of physical therapy, fitness, and medicine. The #everydaystrength approach to fitness was born out of this experience.

While there is literally a library of awesome information for specific types of training for sports and other fitness goals, there is still a shortage of resources teaching practical, purposeful strength for everyday living. But now, #everydaystrength is all about filling that void.

I hashtag "everydaystrength" because I want it to trend. I want it to go viral and I want it to start a movement towards increased strength and movement in all that we do. In a culture where we can earn a living, entertain ourselves, order food and socialize all from our desk chair, we need to restore our natural physical and intuitive strength more than ever.

You Are How You Move.

Strength is required to perform everyday human movements. That is our goal: to move well, move often and to move with purpose. We call it *everyday strength* because each "move" serves a purpose in our daily lives. But while our goal is to improve these moves, movement in general is vital for total body health and fitness. The simplest way to think about your current level of fitness is to consider this statement: *your body gets good at whatever you ask it to do most of the time*. Think about the last 24 hours. How much have you moved? What posture (which comes from the Latin word for "position") have you expressed most of the time? I need a *lifestyle change* is what I often hear from people. I'd like to propose, that instead of aiming for the ever-allusive *healthy lifestyle*, let's just focus on a *movement lifestyle*. Move well. Move often. You are how you move ... what will get YOU moving today?

DaveReddy.com
training for
#everydaystrength