

Perfect Posture: Body Weight Exercises for Better Posture

Presented by John Preston MS, CSCS, EP-C, CPT

2025 IDEA World

Sacramento, CA

July 17-19

Welcome Learning Objectives & Introduction

- **Understand the Importance of Posture:**
 - Recognize the critical role of proper posture in maintaining balance, preventing falls, and enhancing overall quality of life in our aging population
- **Explore Body Weight Exercises:**
 - Examine a variety of body weight exercises specifically designed to improve posture and joint mobility.
- **Learn Proper Techniques:**
 - Develop the ability to demonstrate and coach proper movement techniques.
- **Empower Client Self-Practice:**
 - Equip clients with these equipment-free exercises so they can easily practice at home to maintain progress between sessions.
- **Enhance Movement Quality:**
 - Apply knowledge of posture and mobility to improve clients' movement mechanics and activities of daily living.

. Importance of Posture:

- Evaluating Tight & Weak Muscles
- Strategies to Improve Posture
- The Importance of Body Weight (BW) exercises for improvement
- At Home Exercises for Training Continuity

Upper Cross Syndrome & Lower Cross Syndrome

When we examine poor posture the two common terms used in the fitness industry are Upper Cross Syndrome and Lower Cross Syndrome. Upper cross syndrome (UCS) affects the muscles and joints of the neck, shoulders, and upper back. The most notable characteristic is an increase in the flexion of the

thoracic spine (increased kyphotic curve). When upper cross syndrome is present the muscles of the mid and upper back muscles (rhomboids and trapezius) tend to be weak. As a result, the pectoral and neck muscles tighten. This can cause pain throughout the upper body, including shoulder pain and neck pain, as well as a reduced range of motion of the thoracic spine and glenohumeral joints. Other postural imbalances that are often associated with upper cross syndrome include forward head position and internal rotation of the glenohumeral joint. Lower Cross Syndrome (LCS) is a common postural distortion pattern characterized by muscular imbalances affecting the lumbar spine and pelvis. It involves the synergistic weakening of the abdominal muscles and gluteus maximus, coupled with the synergistic tightening of the hip flexors (iliopsoas) and erector spinae. This imbalance leads to an increased anterior pelvic tilt and an exaggerated lumbar lordosis, often resulting in a protruding abdomen and hyperextended lower back. Common symptoms include lower back pain, hip pain, and altered gait. LCS is often seen in individuals with sedentary lifestyles or those who spend prolonged periods sitting, contributing to chronic pain and functional limitations if left unaddressed.



The Foundational Body Positions

- Hook Lying Supine
- Reclined Pelvic Tilt Position w/Knees Flexed
- Reclined Pelvic Tilt Position w/Knees Extended
- Prone Position
- Quadruped Position

- Standing
- Side Lying

The Exercise Reference List:

***Email me at johnpreston@gmail.com for a pdf of photos for the exercises from this session**

Foam Rolling Tissue Prep

Foam Rolling Spinal Extension

Open Book

Supine Exercises:

Pelvic Tilt

Reverse Crunch

Elevations

Hip Circles

Beaters

Scissors

Alternating Toe Touch

Torso Rotation

Glute Bridge Hold

Glute Bridge Dynamic

Glute Bridge Marching

Glute Bridge w/Knee Extension

Glute Bridge Single Leg

Dead Bug

Prone Exercises

IYTWV

Closed Clam

Prone Hip Extension (knees bent)

Superman's

Prone Cobra

Plank

Quadruped Exercises

Cat/Cow

Kneeling Cat/Cow

Bird Dog

Thoracic Rotation (hand on the back of the head)

Thoracic Rotation (pull through hand on rib cage)

Thoracic Rotation Foam Roller Roll Away

Side Lying Exercises

Open Clam

Lateral Plank Knees Bent

Lateral Plank Knees Extended

Standing Exercises

Neck Mobility

Rotation

Flexion /Extension

Lateral Tilt

Take Away Points

- ✓ Considering Upper Crossed/Lower Crossed Syndrome and how so many clients would benefit from gaining more control over their postural habits.
- ✓ Understanding the importance of correct posture for health reasons and for fitness.
- ✓ Using body weight exercises to correct postural issues is possible and easy in the gym or at home.

Questions?

Thank you for attending!

Please reach out to me for more information and how to take advantage of the CEC Course Offers!

<https://johnprestonfitness.com>

<https://www.linkedin.com/in/johnhpreston>

<https://www.facebook.com/johnpreston1>

<https://www.instagram.com/johnprestonfitness/>

About the Presenter



**John Preston MS, CSCS, EP-C, CPT, TPI
TrueTurnPro - Director of Education**

A veteran dedicated fitness professional since 1993, John has amassed over 30,000 hours of direct, 1:1 personal training, as Director of Personal Training and throughout his 31-year fitness career. John holds an MS in Exercise and Wellness from Arizona State University (2018) and an undergraduate degree in Kinesiology with a specialization in Athletic Training from California State University, Long Beach (1998).

John is passionate about mentoring the next generation of fitness professionals, supporting them to thrive in their fitness careers, and achieve their fullest potential, and elevating the status of our profession.

Certifications:

Strength and Conditioning Specialist (CSCS) National Strength and Conditioning Association (NSCA), 2019; **Exercise Physiologist (EP-C)** American College of Sports Medicine (ACSM), 1995; **Personal Trainer (CPT)** American Council on Exercise (ACE), 1993; **Functional Movement Screen (FMS)** certified; **Titleist Performance Institute (TPI)** certified golf fitness instructor.