

KOJI AWARENESS™
corrective exercise

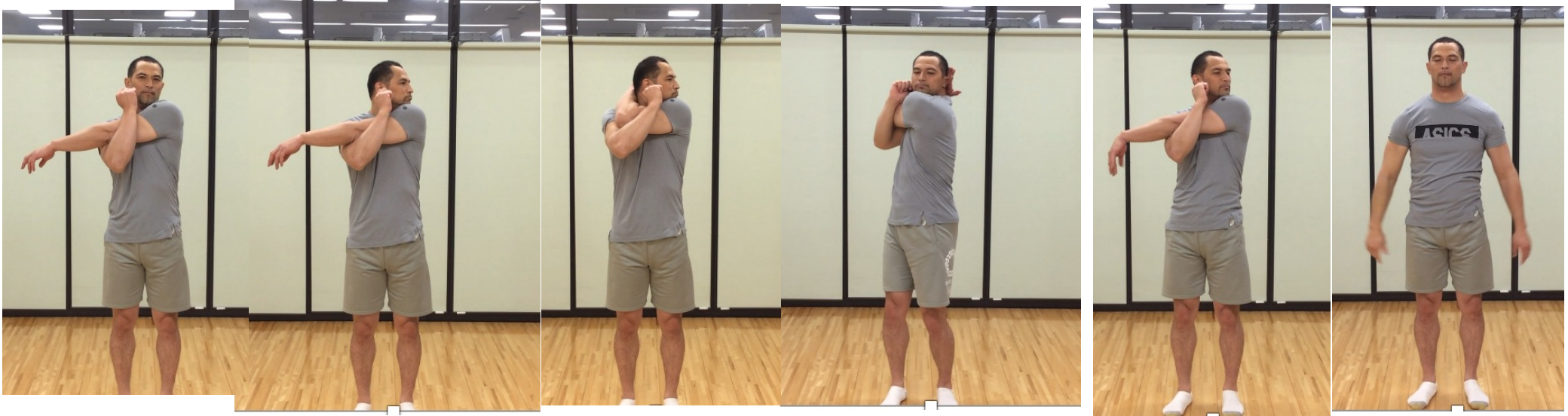
1, exercise for neck mobility 1



Archer's rotation

Here is an exercise for neck mobility.
(Archer's rotation) Bend your knees and keep your upper body straight and try to keep facing the back of your hand while you rotate. Take tiny footsteps to one side until you cannot turn any further. MAKE SURE to keep facing the back of your hand stays in place. If you can stay lower, it would also be a good exercise for the hip and thighs.

1, exercise for neck mobility 2



Python squeeze

Stand still, arm straight and bring with other arm across and curl towards to your self. Head rotate to the direction of arm extended. Bend arm and reach behind of your head with back of your hand (or reach ears if you are flexible enough). Now twist whole upper body towards behind head. Hold for few second, unwind and relax whole body.

Move slow as you can and feel the stretch. Breath correctly while doing exercise.

2, exercise for shoulder mobility



Wall reverse push

One foot away from the wall and face away. Hands together and put your back of the hands on your back, lean back against the wall. Slowly push yourself away from the wall and come back towards the wall. Make sure to keep your body in a straight line during exercise. The targeting shoulder should be on the same side as the hand in contact with the wall.

3, exercise for shoulder blade mobility



Wall angel slider

One knuckle away from the wall and face away. Set shoulder parallel, elbow 90 degrees to the ground, lean back against the wall. Try not to make space between your back and the wall. Bend your knees and slowly slide down against the wall. Do not move your wrist while sliding. Stop when you cannot keep your elbow and back from the wall and come back slowly to the beginning of the position.

4, exercise for Thoracic Spine Mobility

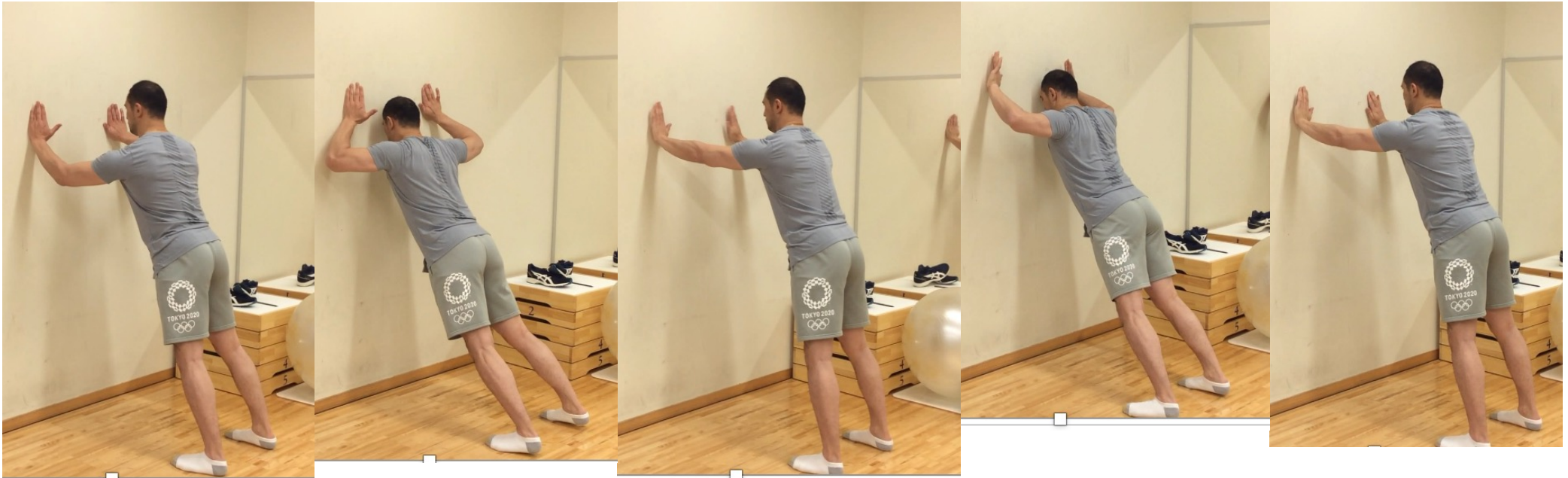


Flamenco thoracic exercise

Bend your knees and keep your upper body straight and still while making a circle with your arms. Take tiny footsteps to one side until you cannot turn any further. **MAKE SURE YOUR UPPER BODY AND CIRCLED ARMS STAY IN PLACE.**

If you can stay lower, it would be a good exercise for the hip and thighs.

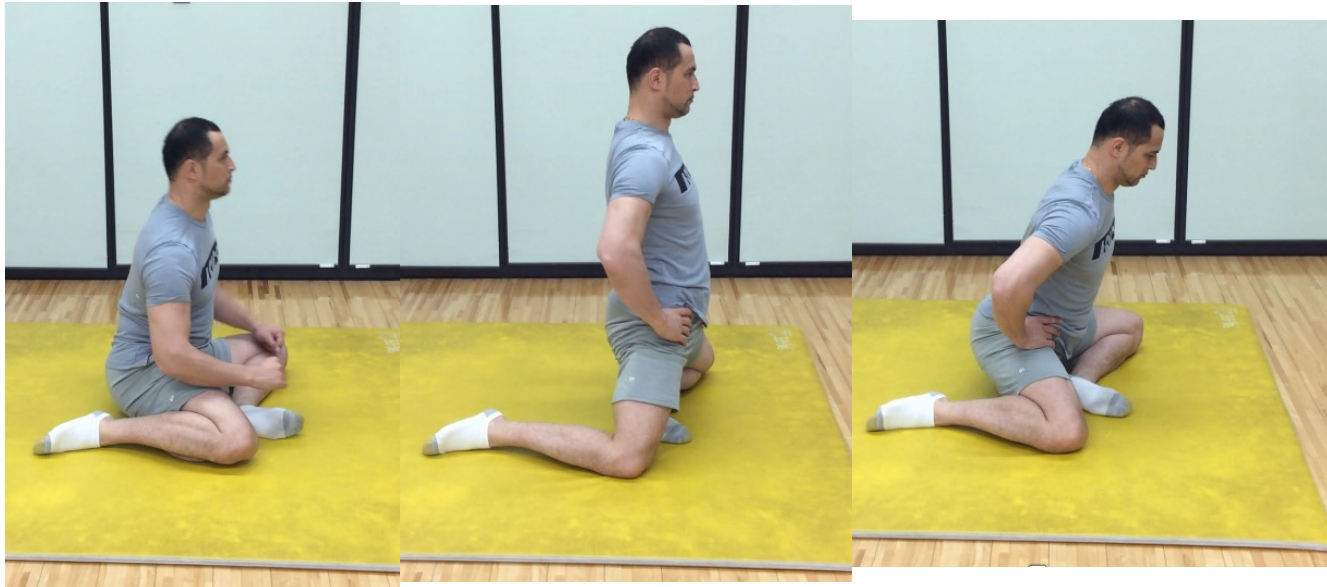
5, exercise for Upper Extremity Stability & Strength



weight shift wall push

Here is an exercise for (the upper trunk extremity stability & strength). It's called "weight shift wall push." For set position, four foot away from the wall, create a front hand-plank position on the wall, hands shoulder-width at the level of eyes. Now push up against the wall, but switch pressure on your palm, ulnar, and radial side every time.

6, exercise for Hip Mobility 1



Side sitting to lift

Sitting on the floor, in a side sitting position, leg folded back to one side. Now, start to lift the pelvis stay tall on the knee. Squeeze your glutes, make sure to open up and feel the stretch of the hip flexor every time.

6, exercise for Hip Mobility 2



Weight shift squat

Stand with your feet shoulder-width apart. Start squatting with a weight shift each time, use both outside and inside of the foot. Ensure to keep the pelvis parallel to the ground, straight and try not to rotate your lower body while sitting down.

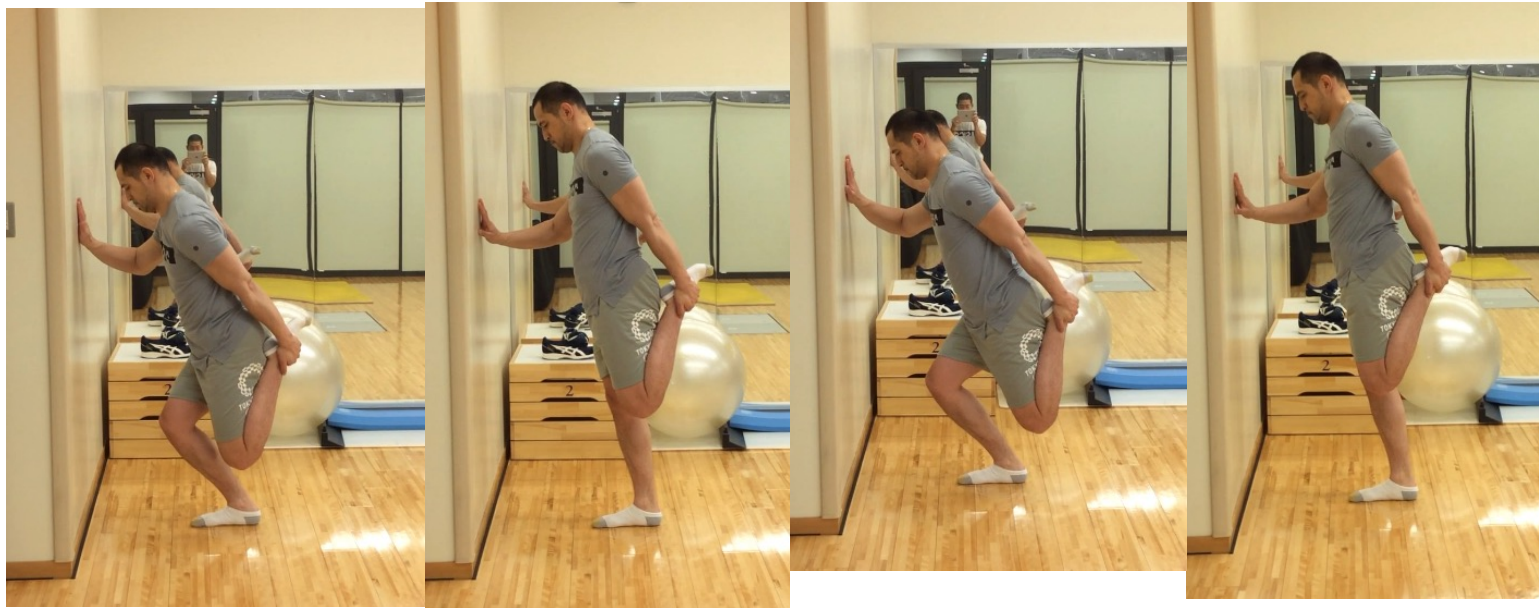
7, exercise for Hip and Spine Mobility For bending forward



straight leg lowering

Here is an exercise for hip and spine mobility. For hip and spine mobility/[bending forward], let's try for "straight leg lowering". Make sure to move your leg slowly, breathe slowly to feel the stretch of your hamstrings.

7, exercise for Hip and Spine Mobility For bending backward



single-leg squat with an ankle hold

For hip and spine mobility/[bending backward], let's try "single-leg squat with an ankle hold" to stretch thighs". Stay lower when you start, and keep your heel touches on the buttock. Squeeze your buttock while you are extending the leg and putting on isometric contraction.

8, exercise for Upper and lower extremity, mobility & stability



single-leg squat with an ankle hold

Here is an exercise for “Upper and lower extremity, mobility & stability”. let's try "single-leg squat with an ankle hold" to stretch thighs”. Stay lower when you start, and keep your heel touches on the buttock. Squeeze your buttock while you are extending the leg and putting on isometric contraction. ” Please check the movie attached.

9, exercise for Mid-section Stability Strength



straight leg lowering 45°

"straight leg lowering 45° " for "the abdominal muscle strength". Make sure to keep your leg 45 degree while moving other leg. Slower is better! Please check the movie attached.

10, exercise for Lower Extremity Strength 1



Weight shift squat

Stand with your feet shoulder-width apart. Start squatting with a weight shift each time, use both outside and inside of the foot. Ensure to keep the pelvis parallel to the ground, straight and try not to rotate your lower body while sitting down.

10, exercise for Lower Extremity Strength 2



single-leg squat with an ankle hold

let's try "single-leg squat with an ankle hold" to stretch thighs". Stay lower when you start, and keep your heel touches on the buttock. Squeeze your buttock while you are extending the leg and putting on isometric contraction. " Please check the movie attached.

11, exercise for Ankle Mobility



Koji wall push

Here is an isometric exercise for ankle mobility using the wall. Front toe 3-4 foot away from the wall. Make sure to stay low when you start! At the same time, pushing a wall, make sure to push your heel down to the ground