Exercise technique

Seated brace with normal breathing

3 relaxed breaths per hold; 3 holds



SETUP / balanced sitting



HOLD / gentle brace and breathing

GRIP / No loaded hand grip

SETUP / Stable box; no band required.

MOVE / Gently firm the trunk while breathing normally.

RETURN / Release fully between comfortable holds.

MAIN / RED
Abdominal wall: develops gentle trunk stiffness while breathing.

SECONDARY / BLUE
Deep spinal stabilizers cooperate with the abdominal wall; breathing muscles continue their normal work.

SUPPORT / GREEN
box contact and planted feet steady the pelvis. Hip and leg muscles provide light postural support.

OPTIONAL PREPARATION / BODYWEIGHT