

POSTURE CHECKLIST



PainToStrength

Fix your Posture

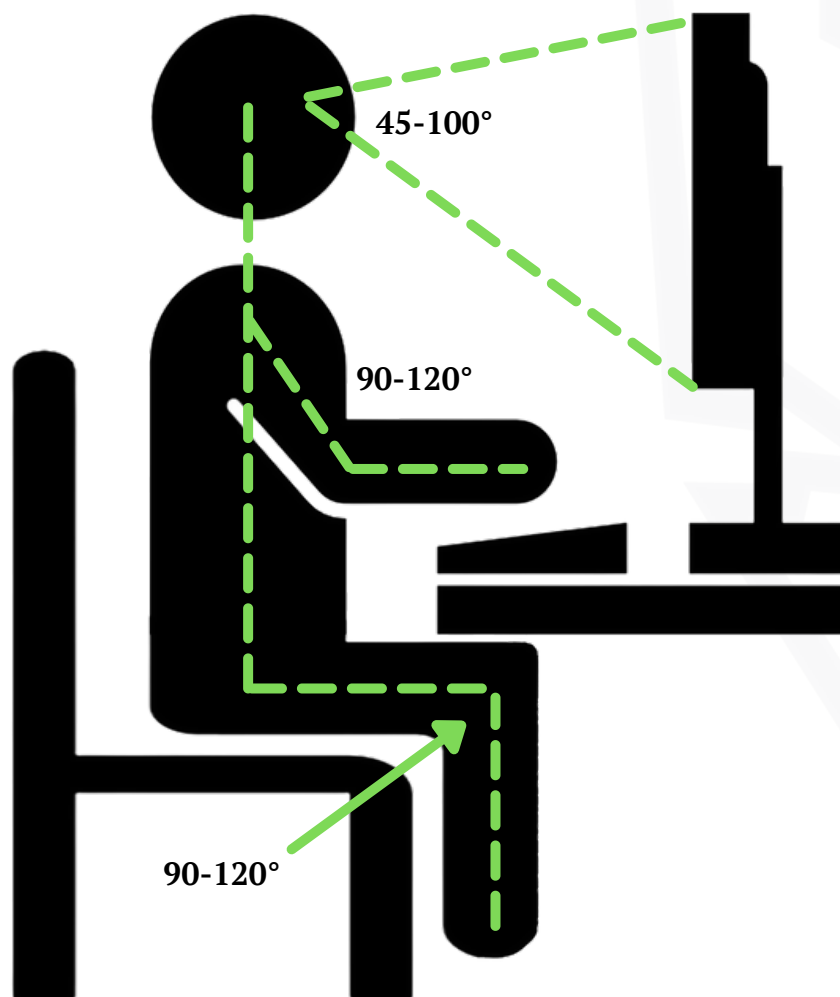
Fix your Pain

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Sitting Checklist



- ☐ Major Joints start at 90°, then adjust as needed
- ☐ Ears lined up with shoulders, eyes level with the top of the monitor, then adjust as needed
- ☐ Sit on the front portion of your sitbones and hamstrings, not the back portion and your glutes

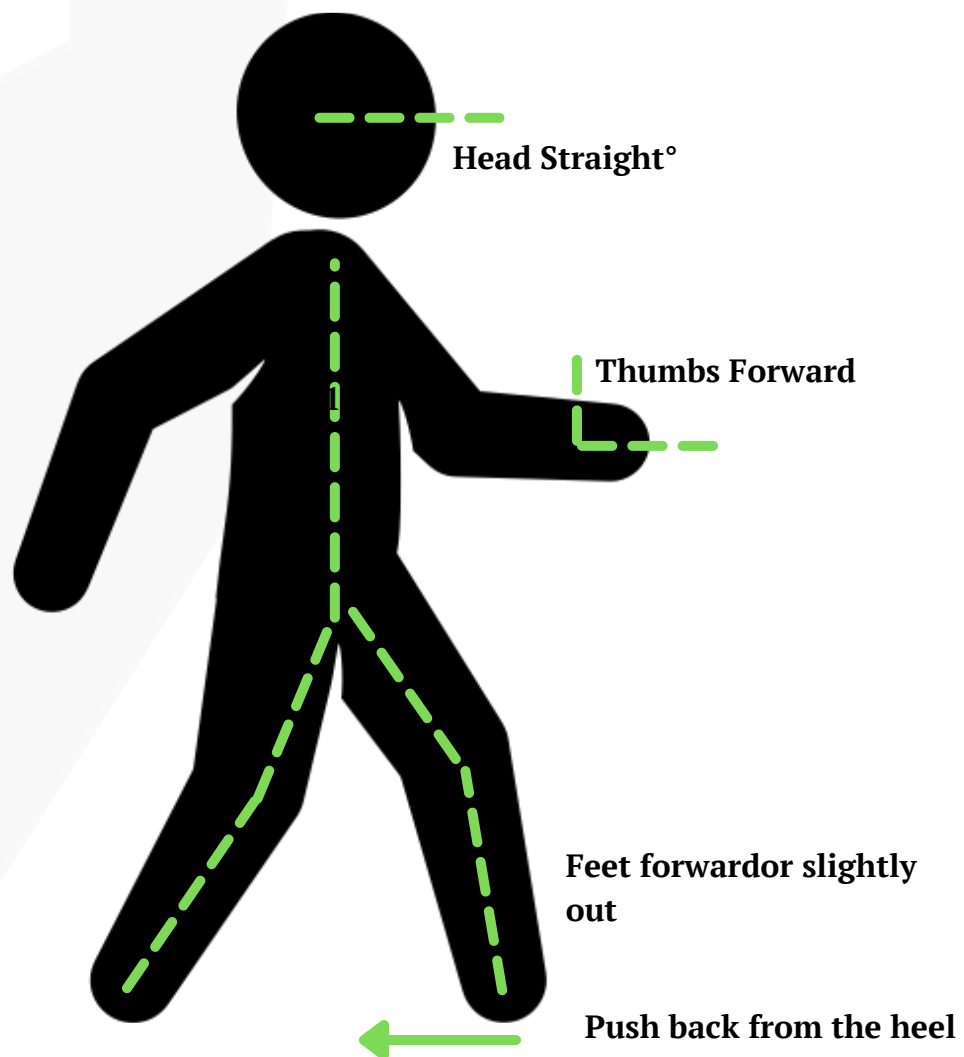


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Walking Checklist



- ☐ Feet pointed straight or slightly out
- ☐ Thumbs pointed straight, shoulders down and back
- ☐ Push from your heels to move forward to engage the posterior chain



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Posture Analysis Coupon



Get 10% Off your first posture analysis using the code below.

1. Copy the code here: **7d9589b935**
2. Head to paintostrength.com/posture-analysis/
3. Enter Coupon Code at Checkout for 10% off.

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Fix your Posture
Fix your Pain

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