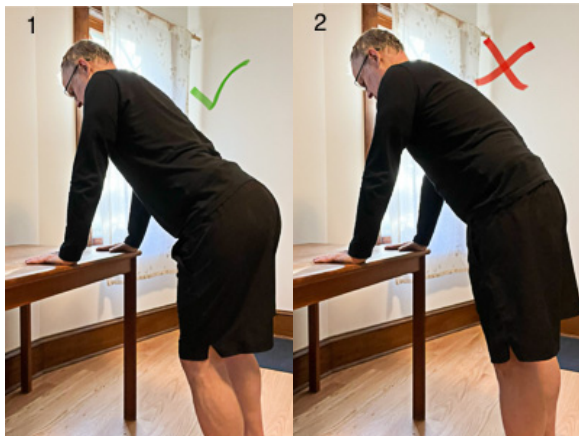


Hunch No More: 1 Page Cheat Sheet (No Floor Poses)

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Better Sitting: Whenever you sit down, take a moment to slide your sit bones as far back on the chair as you can. 1. Hip hinge forward with a neutral spine. 2. Unweigh one butt cheek and move it backwards on the seat. Do the other side, and then repeat each side a few more times until your sit bones are as far back as they can go. Then lean back while keeping your hip crests rotating forward.



Standing Chest Stretch at a Table: 1-2 minutes, 1-3 times per day.

Stand facing a table. Bend your knees slightly and stick your butt out behind you to fold forward from your hip creases (“hip hinge”) and place both hands on the table. (photo 1). Do not round your back to place your hands on the table (photo 2). Soften between your shoulder blades and let your breastbone sink towards the table with gravity. Keep the back of the neck long and relaxed. You should feel a gentle stretch in the front of the chest. If you don’t, let your chest sink farther towards the table while keeping your arms locked. To come out of the pose, walk forward and press your hands and then your finger tips into the table to come upright.



Allowing Your Breastbone to Float Up: Multiple times per day, for 10-120 seconds each. Place one hand on your belly button and one hand on your breastbone to notice the movement. Optionally stand with your back against a wall.

On an exhale, gently engage your belly muscles. As you inhale, keep your belly muscles engaged and notice your breast bone lifting up and away from your belly button as your lungs fill slowly. Allow your breast bone to float up as a side effect of the expansion of your lungs. Please don’t try to pull up on your breastbone with your neck or throat muscles or by lifting your shoulders. That is counterproductive!



As you exhale, let the breast bone settle back down, but not quite as far as where it started. With each inhale, let the breastbone float up an extra millimeter or two, and with each exhale, let it settle one or two millimeters less.

Feel free to measure your head position before and after either exercise for some positive feedback!