

Support Your Shoulders In 5 Simple Steps

Awareness



Become conscious of your body & daily positions.

STEP
01

Click each icon to learn how to adjust

Send regular signals to your body that you're moving and using your upper body muscles.

STEP
02

Adjust



Pliability

STEP
03

Patterning

Teach your body what you'd like it to do.

Consistency will lead to victory!



STEP
05

