

STAND UP STR8®

14-Day Middle-Back Relief Plan

Release tension. Stretch comfortably. Strengthen with control.

Your Daily Sequence

1	Middle-Back Release 30 sec to 2 min per side, daily.
2	Upper-Trapezius Release 30 sec to 2 min per side, daily or as needed.
3	Chest Stretch 30 sec to 1 min per side. Comfortable - never forced.
4	Stand Up Str8® Strengthening Use the schedule below. Keep the neck relaxed and breathe normally.
5	Middle-Back Stretch 30 sec to 1 min per side, daily.

14-Day Strengthening Schedule

Day	Focus	Stand Up Str8® Strengthening
1	Strength + learn the movement	1 set x 5 reps x 5-sec hold
2	Recovery	No strengthening
3	Strength	2 sets x 5 reps x 5-sec hold
4	Recovery	No strengthening
5	Strength	3 sets x 5 reps x 5-sec hold
6	Recovery	No strengthening
7	Strength	3 sets x 5 reps x 5-sec hold
8	Recovery	No strengthening
9	Strength	3 sets x 5 reps x 5-sec hold
10	Recovery	No strengthening
11	Strength	3 sets x 5 reps x 5-sec hold
12	Recovery	No strengthening
13	Strength	3 sets x 5 reps x 5-sec hold
14	Recovery + review	No strengthening

Strength days: Rest 30-60 seconds between sets. Keep the neck relaxed, shoulders down, and breathe normally. Quality matters more than resistance.

14-Day Progress Tracker

A quick check-in before and after each session will help you notice changes that are easy to miss day to day.

How to Track

Before	Rate how your middle back feels from 0-10.
After	Rate it again, then mark Better / About the same / Worse.
Notes	Write one short observation: tension, movement, posture, or comfort.

Daily Check-In

Day	Before 0-10	After 0-10	Better	Same	Worse	Notes
1			■	■	■	
2			■	■	■	
3			■	■	■	
4			■	■	■	
5			■	■	■	
6			■	■	■	
7			■	■	■	
8			■	■	■	
9			■	■	■	
10			■	■	■	
11			■	■	■	
12			■	■	■	
13			■	■	■	
14			■	■	■	

Day 14 Review

- Is the intensity of your middle-back tension different?
- Is the discomfort happening less often?
- Can you control the shoulder-blade movement more easily?
- Do everyday activities feel more comfortable?
- Are your neck and upper traps doing less of the work?

Remember: the goal is not to force perfect posture. The goal is to reduce unnecessary tension, improve control, and build the muscles that help support you naturally.