

NECK - 1 Flexors

Pull head straight back, keeping jaws and eyes level. Hold \_\_\_\_ seconds.



Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

NECK - 2 Side Benders

Slowly tilt head toward one shoulder. Hold \_\_\_\_ seconds. Repeat toward other shoulder.



Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

NECK - 3 Side Benders

Pull head to one side until stretch is felt. Hold \_\_\_\_ seconds. Repeat to other side.



Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

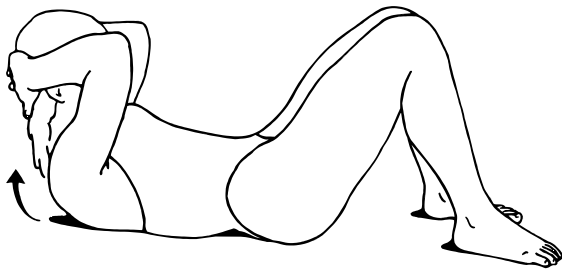
NECK - 4 Extensors

Bend head forward. Hold \_\_\_\_ seconds. Return to starting position.



Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

NECK - 5 Extensors



Pull head forward until stretch is felt. Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

NECK - 6 Rotators

Turn head slowly to look over one shoulder. Hold \_\_\_\_ seconds. Repeat toward other shoulder.



Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

NECK - 7 Side Benders



Gently grasp side of head with one hand, placing the other hand behind back. Tilt head away until a gentle stretch is felt. Hold \_\_\_\_\_ seconds. Repeat to other side.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.