

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.

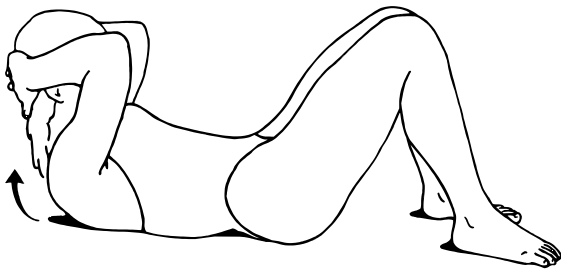
NECK - 4 Extensors

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.