

NECK - 3 Side Benders

Pull head to one side until stretch is felt. Hold 15 seconds. Repeat to other side.



Repeat 3 times.
Do 3 sessions per day.

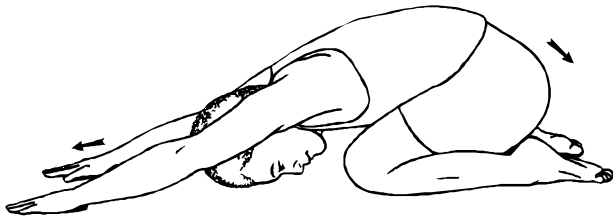
NECK - 4 Extensors

Bend head forward. Hold 15 seconds. Return to starting position.



Repeat 3 times.
Do 3 sessions per day.

SHOULDERS - 4 Extensors



From kneeling position, slide arms forward while pushing buttocks toward floor. Hold 15 seconds.
Repeat 3 times. Do 3 sessions per day.

SHOULDERS - 1 Rotator Cuff

Pull right arm down with left hand until stretch is felt. Hold 15 seconds. Repeat with other side.



Repeat 3 times.
Do 3 sessions per day.

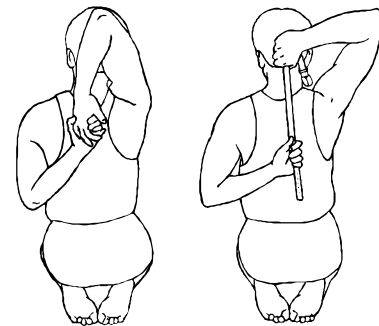
SHOULDERS - 3 Posterior Deltoids / Rhomboids

Pull arm across chest until stretch is felt. Turn head away from pull. Hold 15 seconds. Repeat with other arm.



Repeat 3 times.
Do 3 sessions per day.

SHOULDERS - 2 Rotator Cuff / Extensors



Bring right hand behind head and down as far as possible. Reach up with left hand, palm facing out, and grasp right hand. Hold 15 seconds. May use belt as a beginner aid to help work hands closer together. Repeat with other side.
Repeat 3 times. Do 3 sessions per day.