

Neck Strength Finisher

Complete 1 round of this circuit after your workout to strengthen the musculature of the neck.

Yes

- 30-120 sec continuous motion
- 3 sec up, 3 sec down
- Do not force greater range of motion



No

- 30-120 sec continuous motion
- 3 sec left, 3 sec right
- Do not force greater range of motion



Maybe

- 30-120 sec continuous motion
- 3 sec left lateral flexion, 3 sec right
- Do not force greater range of motion



SB Backward Neck Lean

- 30-60 sec
- Only back of head in contact with ball
- Keep body stiff and straight



SB Forward Neck Lean

- 30-60 sec
- Only forehead in contact with ball
- Keep body stiff and straight



SB Side Neck Lean

- 30-60 sec each side
- Only side of head in contact with ball
- Keep body stiff and straight



DB Shrug

- 15-30 reps
- Keep arms straight, head neutral
- Shrug shoulders straight up, slowly



Manually-Resisted Lateral Flexion

- 30-60 sec each side
- Create gentle resistance with your hand
- Do not overstress the neck

