



Superman

Lying on stomach with arms over head and thumbs pointing up to ceiling. Maintain a slight chin tuck position (avoid looking up with head) and raise chest slightly up off the floor. Hold, lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Neck Extension - Prone

Lying on stomach with forehead on floor. Raise head off floor as though to be looking up. Hold, lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Isometric Neck Extension Ball

Hold beach ball against wall with back of head. Push head into beach ball and hold. Perform in 3 different angles. (full extension, neutral and full flexion)

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
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Notes:



Levator - Self Traction Chair

Sitting tall, grasp back edge of the chair with hand of the side to be stretched. Turn head to opposite side and flex head forward ('nose toward elbow'). Let body lean to feel a stretch in the back and side of the lower neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Notes:

Traps - Self Traction

Sitting tall, grasp back edge of a chair with hand of side to be stretched.
Turn head toward that same side and lean head and body away to feel a stretch in the side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
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Notes:

Biceps / Pecs - Ball

Lying on back with gym ball under mid back and head supported.
Drop both arms off to the sides, bending wrists backwards, and let arms 'hang' to feel a stretch across the chest and front of the arms.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31