

STRETCHING



NECK

 Consult a physician before starting any stretching regime. This chart is for informational purposes only.



NECK



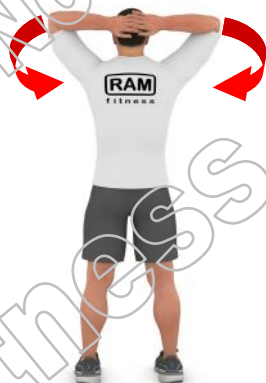
NECK



SHOULDERS* &
UPPER BACK



NECK



NECK &
UPPER BACK

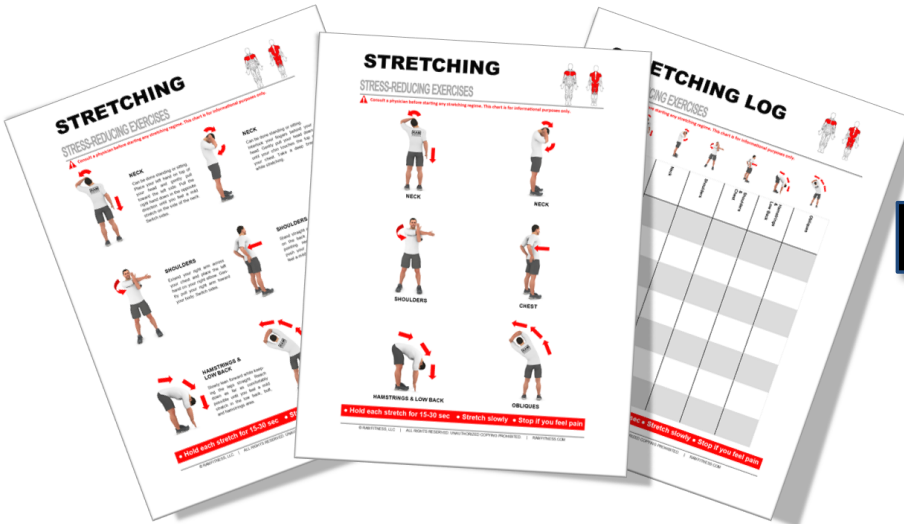


NECK &
UPPER BACK

- Hold each stretch for 15-30 sec
- Stretch slowly
- Stop if you feel pain

* Shoulders mentioned in this guide all refer to Rear Deltoids area

Take Your Stretching Routine to the Next Level!



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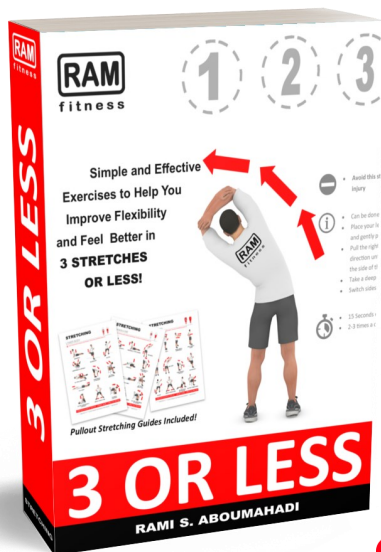
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