



KRUCIAL

NECK TRAINING GUIDE

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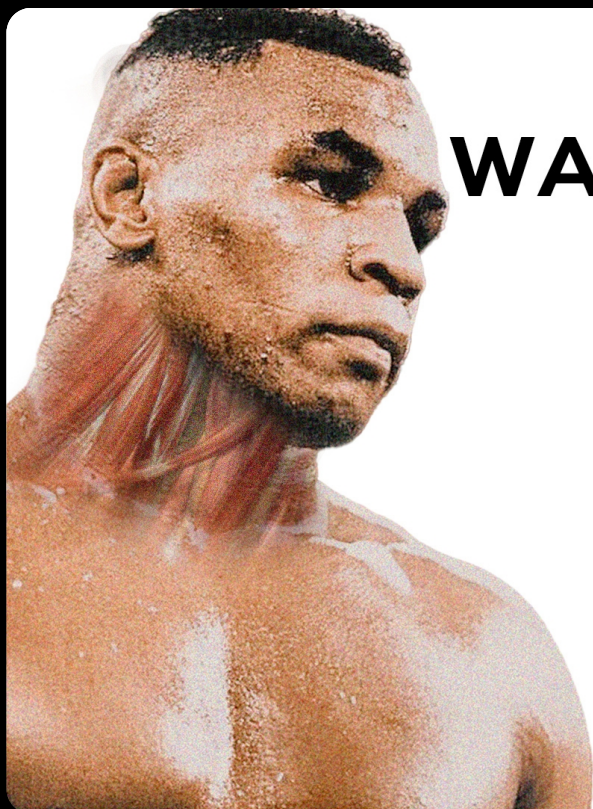


WELCOME TO THE

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NECK TRAINING GUIDE

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HOW TO USE NECK TRAINING GUIDE





PHASE 1

MOVEMENT PREPARATION PHASE (2-4 WEEKS)

SESSION 1

EXERCISE	SETS	REPS / TIME	PLAY
Seated Neck Retraction Isometrics	2	10 - 60 seconds	
Neck Flexion & Extension CARs	2	20 - 30 repetitions	
Neck Rotation CARs	2	20 - 30 repetitions	

SESSION 2

EXERCISE	SETS	REPS / TIME	PLAY
Supine Neck Isometric Holds	2	10 - 60 seconds	
Neck Lateral Flexion CARs	2	20-30 repetitions	
Prone Neck Extension Isometrics	2	10 - 60 seconds	
Neck Half Circle CARs	2	20 - 30 repetitions	



PHASE 2

BANDED ISOMETRICS (4-6 WEEKS)

SESSION 1

EXERCISE	SETS	REPS / TIME	PLAY
Banded Neck Flexion Isometric	2	5 - 10 reps 5 - 10 second holds	
Neck Rotation CARs	2	20 - 30 repetitions	
Banded Neck Extension Isometric	2	5 - 10 reps 5 - 10 second holds	
Neck Flexion & Extension CARs	2	20 - 30 repetitions	

SESSION 2

EXERCISE	SETS	REPS / TIME	PLAY
Banded Lateral Flexion Isometric	2	15-60 seconds (each side)	
Neck Half Circle CARs	2	20 - 30 repetitions	
Seated Neck Retraction Isometric	2	30 - 60 seconds	
Neck Lateral Flexion CARs	2	20 - 30 repetitions	





PHASE 3

BAND RESISTANCE (4-8 WEEKS)

SESSION 1

EXERCISE	SETS	REPS / TIME	PLAY
Bodyweight Neck Extension	2	2 sets of 8-20 reps	
Bodyweight Prone Neck Rotation	2	2 sets of 8-20 reps	
Neck Half Circle CARs	2	20 - 30 repetitions	
Neck Lateral Flexion CARs	2	20 - 30 repetitions	

SESSION 2

EXERCISE	SETS	REPS / TIME	PLAY
Bodyweight Neck Flexion	2	8-20 repetitions	
Bodyweight Lateral Flexion	2	8-20 repetitions	
Neck Flexion & Extension CARs	2	20-30 repetitions	
Neck Rotation CARs	2	20-30 repetitions	



PHASE 4

RESISTANCE ISOMETRICS (4-8 WEEKS)

SESSION 1

EXERCISE	SETS	REPS / TIME	PLAY
Banded Lateral Flexion (with Extension Resistance)	2	8-20 repetitions	
Banded Head Nods (with Lateral Resistance)	2	8-20 repetitions	
Neck Flexion & Extension CARs	2	20 - 30 repetitions	
Neck Rotation CARs	2	20 - 30 repetitions	

SESSION 2

EXERCISE	SETS	REPS / TIME	PLAY
Neck Lateral Flexion Overcoming Isometric	2	5-15 repetitions 5-10 second push at 80-100% (each side)	
Neck Flexion Overcoming Isometric	2	5-15 repetitions 5-10 second push at 80-100% (each side)	
Neck Half Circle CARs	2	20-30 repetitions	
Neck Lateral Flexion CARs	2	20-30 repetitions	



PHASE 5

LOADED TRAINING (4-12 WEEKS)

SESSION 1

EXERCISE	SETS	REPS / TIME	PLAY
Neck Flexion & Extension CARs	2	20-30 repetitions	
Supine Neck Bridge (on bench)	2	30-60 second holds	
Plated Neck Flexion	2	15-20 repetitions	
Plated Lateral Neck Flexion	2	15-20 repetitions (each side)	

SESSION 2

EXERCISE	SETS	REPS / TIME	PLAY
Neck Half Circle CARs	2	20-30 repetitions	
Banded Neck Rotations with Extension Resistance	2	15-20 repetitions	
Plate Loaded Neck Extensions	2	15-20 repetitions	
Neck Lateral Flexion CARs	2	20-30 repetitions	



PHASE 6

NECK ROBUSTNESS & STABILIZATION (4-12 WEEKS)

SESSION 1

EXERCISE	SETS	REPS / TIME	PLAY
Neck Flexion & Extension CARs	2	20-30 repetitions	
Prone Neck Bridge	2	30-60 second holds	
Plated Neck Flexion	2	8-15 repetitions	
Plated Lateral Neck Flexion	2	8-15 repetitions (each side)	

SESSION 2

	SETS	REPS / TIME	PLAY
Neck Half Circle CARs	2	20-30 repetitions	
Banded Neck Rotations with Extension Resistance	2	15-20 repetitions	
Neck Lateral Flexion CARs	2	20-30 repetitions	
Plate Loaded Neck Extensions	2	15-20 repetitions	



PHASE 7

POWER & RATE OF FORCE DEVELOPMENT

SESSION 1

EXERCISE	SETS	REPS / TIME	PLAY
Neck Flexion & Extension CARs	2	20-30 repetitions	
Momentum Swiss Ball Neck Bridge OR Wall Wrestlers Bridge	2	3-20 repetitions	 
Plated Neck Flexion	2	8-15 repetitions	
Plated Lateral Neck Flexion	2	8-15 repetitions (each side)	

SESSION 2

EXERCISE	SETS	REPS / TIME	PLAY
Neck Half Circle CARs	2	20-30 repetitions	
Neck Lateral Flexion CARs	2	20-30 repetitions	
Neck Harness Banded Drop Catches	2	5-10 repetitions	
Plate Loaded Neck Extensions	2	8-15 repetitions	



PHASE 8

POWER & RATE OF FORCE DEVELOPMENT ADVANCED

SESSION 1

EXERCISE	SETS	REPS / TIME	PLAY
Neck Flexion & Extension CARs	2	20-30 repetitions	
Neck Harness Banded Drop Catches	2	5-10 repetitions	
Swisse Ball Wrestler's Bridge	2	6-20 repetitions	

SESSION 2

EXERCISE	SETS	REPS / TIME	PLAY
Neck Half Circle CARs	2	20-30 repetitions	
Neck Lateral Flexion CARs	2	20-30 repetitions (each side)	
Momentum OR Wrestler's Swiss Ball Neck Bridge	2	5-10 repetitions	



PHASE 9

YOKED ATHLETE SERIES

SESSION 1

EXERCISE	SETS	REPS / TIME	PLAY
Neck Flexion & Extension CARs	2	20-30 repetitions	
Dumbbell Lateral Flexion Traction	2	10-15 repetitions (each side)	
Tricep Rope Upright Row OR Trap Bar High Pull	2	8-15 repetitions	
Plated Neck Flexion	2	8-15 repetitions	
Plated Lateral Neck Flexion	2	8-15 repetitions (each side)	

SESSION 2

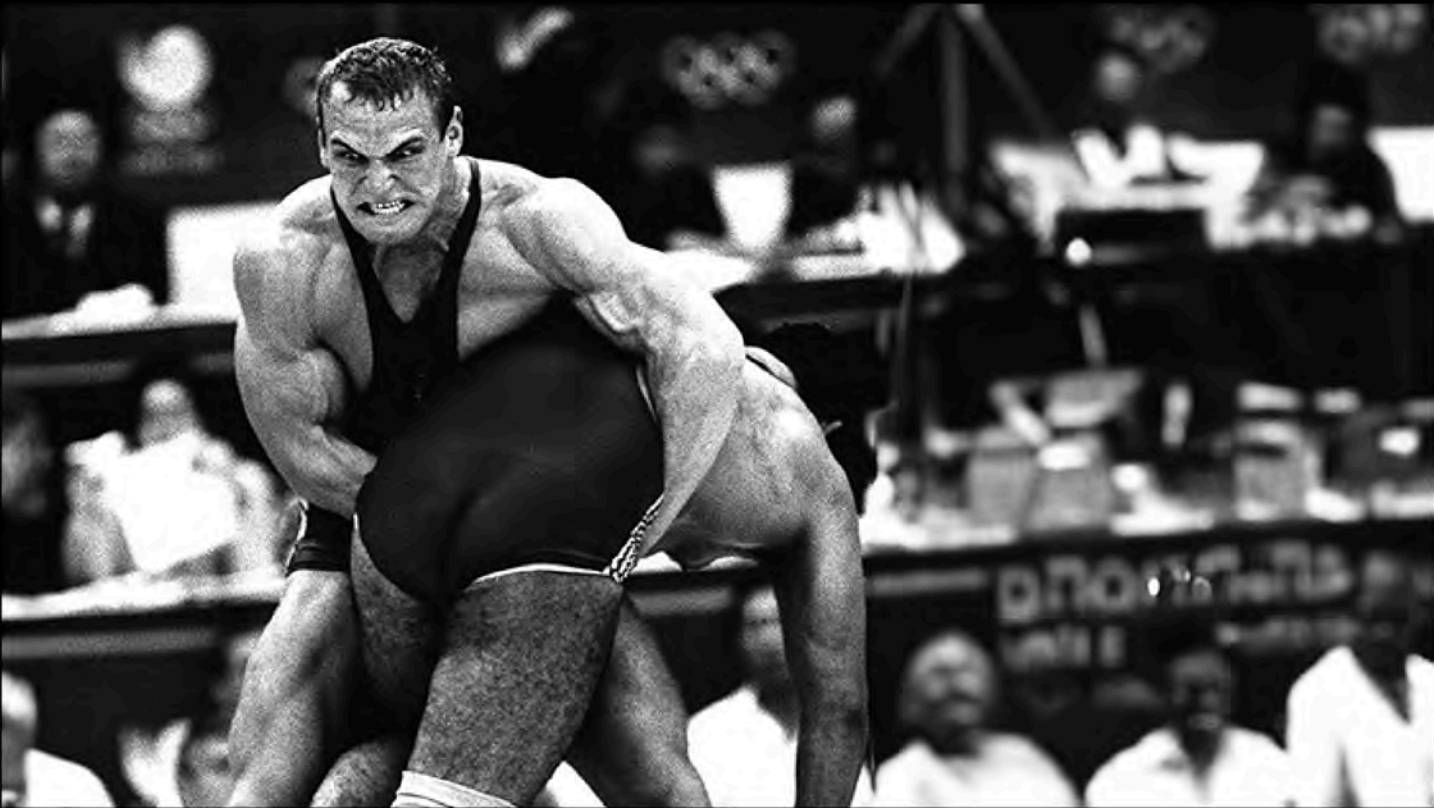
EXERCISE	SETS	REPS / TIME	PLAY
Neck Half Circle CARs	2	20-30 repetitions	
Neck Lateral Flexion CARs	2	20-30 repetitions	
Plate Loaded Neck Extensions	2	8-15 repetitions	
Trap Bar Shrugs	2	8-20 repetitions (5 second hold at bottom)	



BONUS COMBAT READY PHASE

SUBMISSION SPECIALIST BONUS EXERCISES

EXERCISE	SETS	REPS / TIME	PLAY
Half Bridge Neck Rolls	2	10-30 repetitions	▶
Long Lever Prone Bridge Variations	2	10-60 seconds	▶
Weighted Supine Neck Bridge	2	10-60 seconds	▶



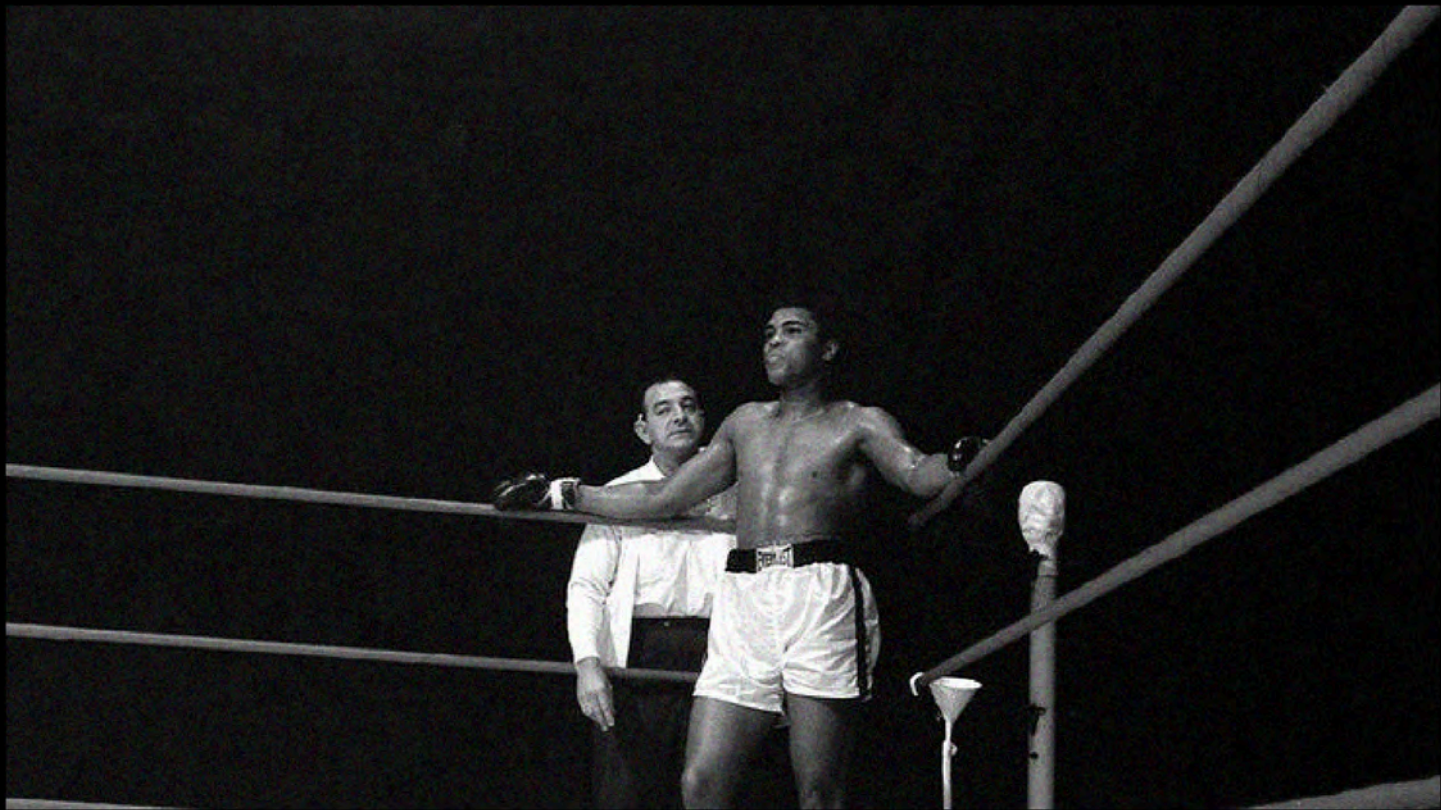
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BONUS COMBAT READY PHASE

STRIKING SPECIALIST BONUS EXERCISES

EXERCISE	SETS	REPS / TIME	PLAY
Lateral Step Banded RFD's	2	10-20 repetitions (each side)	▶
Forward Step Banded RFD's	2	10-20 repetitions (each side) (Orthodox & Southpaw)	▶



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THANK YOU FOR COMPLETING KRUCIAL NECK TRAINING PROGRAM

Please share this with your fellow sparring partners, your combat sports gyms.

Combat sports have changed my life, and this is me giving back to the community who has given me so much. I want these programs to be used in martial arts gyms around the world, so please spread the program and the message. Neck training is crucial, even for those that are only doing bodybuilding in the gym. A strong neck could save your life. Thank you for your ongoing support, without it I would not be able to do what I do. It also keeps pushing me to become a better injury rehab & high performance consultant.

THERE'S MORE!

For those of you that want to stay at the cutting edge of injury & combat sports performance I have created the following:

THE COMBAT CONCLAVE WAITLIST

This is for serious combat athlete's who want to use the same training systems as the best fighters in the world. This telegram channel will host exclusive content, early access to future programs & future access to The Combat Conclave when there are open slots.

[TO JOIN, CLICK HERE](#)



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THE LIMITLESS ATHLETE WAITLIST:

If you're suffering with an injury that the traditional health care system has not been able to resolve, this is the place to join.

I cover raw, unfiltered insights into my processes around managing pain & injuries.

These are the same processes used by those that look after Tiger Woods, Novak Djokovic, and other billion dollar athletes.

[TO JOIN, CLICK HERE](#)





FEEDBACK

Your feedback is invaluable to us. If you have any comments or suggestions on how we could improve Krucial Neck Training, please feel free to reach out. Your insights will help us refine our programs and better serve athletes like you.

STAY CONNECTED

Don't forget to follow The Combat Therapist on our social media channels for the latest training tips, techniques, and exclusive content.



DISCLAIMER

This training guide is provided for informational and educational purposes only and is not intended as a substitute for the advice and supervision of a qualified healthcare professional.

While I, Jack Krucial, am a fully accredited Physiotherapist, this is not intended to replace individualized advice and supervision. Correct form and execution of exercises, which are crucial to safety and effectiveness, cannot be guaranteed without individual supervision.

We strongly recommend that you consult with a physician or other healthcare provider before beginning any new exercise program, particularly if you have any pre-existing health concerns or suspect that there may be risks involved in your use of this neck training program.

The exercises should be performed in a safe and controlled manner. If at any point during your workout you experience faintness, dizziness, or physical discomfort, you should stop immediately and consult a physician.

By using this Guide, you acknowledge and agree that you do so at your own risk. This includes the risk of injury to yourself, for which the creators, owners, and distributors of this Guide shall not be liable.

You agree to release and discharge me, Jack Krucial, along with any other creators, owners, and distributors of this neck training program, from any and all claims or causes of action, known or unknown, arising out of your use of this training program.

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