



Dan Go ✅
@FitFounder

4 exercises I'm doing to build a stronger neck:



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Why build a strong neck?

Developing strong neck muscles is crucial for proper posture while helping to prevent head, neck & back pain.

A strong neck can lower your risk of injury, stress & help you prevent concussions.



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WARNING:

While these exercises may look harmless they can do more harm than good if you use too much weight or done improperly.

When you start out with these begin without weights.

Use caution & if you're not sure how to do them ask a qualified professional to help you.



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Neck Curls

This exercise trains the sternocleidomastoid muscles.

The idea is to treat these like bicep curls for the neck by lengthening the neck and then contracting them.

Aim for 15-20 reps stopping 1-2 reps before failure.





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Reverse Neck Curl

This exercise trains the spinal erectors & upper traps running along the back of our necks.

Lie on your stomach using a bench, put a plate on the back of your head & then extend it backward.

Aim for 15-20 reps stopping 1-2 reps before failure.





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Lateral Neck Curl

These train the levator scapulae, the splenius capitis & cervicis which run at the base of your neck.

Lie on your side using a bench, put a plate on the side of your head & lift your head sideways.

Aim for 15-20 reps stopping 1-2 reps before failure.





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Dumbbell Shrugs

These works your trapezius muscle.

Hold a pair of dumbbells at your side.
Lift your shoulders as if you were
shrugging within your range of motion.
Squeeze the traps at the top then
reverse the movement.

Aim for 15-20 reps stopping 1-2 reps
before failure.





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4 Powerful Exercises for Building a Strong Neck

1. Neck Curls
2. Reverse Neck Curls
3. Lateral Neck Curls
4. Dumbbell shrugs

Remember use a slow controlled motion and to go within your own range of motion.



Dan Go 
@FitFounder

Having a strong neck helps you improve posture, avoid injury & function better.

Now you have 4 powerful exercises to build a strong neck.



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