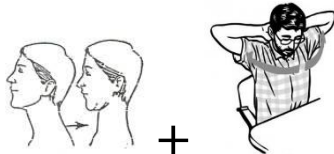
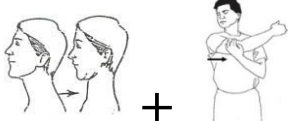



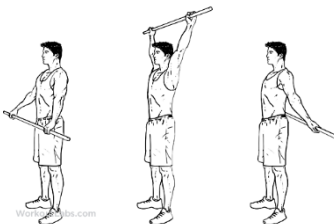
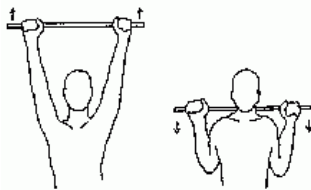



NECK EXERCISES

Note: L+R= left and right side

<p>1</p> 	<p>2</p> 	<p>3</p> 	<p>4</p> 	<p>5</p> 
<p>Hold 10s, 3 sets</p>	<p>Hold 10s, 3 sets (L+R)</p>	<p>Hold 10s, 3 sets (L+R)</p>	<p>Hold 10s, 3 sets</p>	<p>Hold 5-10s, 5 sets</p>

UPPER BACK EXERCISES

<p>1</p> 	<p>2</p> 	<p>3</p> 
<p>Hold 5-10s, 5 sets</p>	<p>Hold 10s, rest 5s, 5 sets</p>	<p>Hold each position for 5s, 10 sets</p>