**Neck Rotation**

**Equipment**: None

**Instructions:**

1. Starting Position:

* Stand tall with your feet shoulder-width apart. Ensure your head is straight and looking forward.

1. Right Side Stretch:

* Gently tilt your head to the right, feeling a stretch on the left side of your neck.

1. Neck Roll Backward:

* Slowly begin to roll your head back, keeping your chin lifted and your gaze upward.

1. Left Side Stretch:

* Continue rolling your head to the left side, feeling a stretch on the right side of your neck.

1. Downward Position:

* Roll your head down toward your chest, keeping your shoulders relaxed.

1. Return to Starting Position:

* Bring your head back up to the starting position, ensuring you are aligned and centered.

1. Repeat in the Opposite Direction:

* Now, repeat the rotation in the opposite direction: tilt to the left, roll back, roll to the right, and down.

1. Repeat:

* Continue the sequence as instructed.

**Tips for Neck Rotation:**

* Keep your shoulders relaxed and your back straight throughout the exercise.
* Maintain your chin level with the ground; avoid letting it drop to your chest.