



SFT NECK MOBILITY SERIES

STEP-BACK LAT STRETCH (holding onto door frame)
10-15x on each side

STEP-OUT WITH ROTATION (with strap looped around barre)
10-15x on each side

STEP-OUT WITH ROTATION AND SIDE BEND (with strap looped around barre)
10-15x on each side

3-WAY FUNCTIONAL NECK WARMUP
10x in each position

Perform 5x with left foot forward and 5x with right foot forward
Arms reach down – head goes back; arms reach up – head goes down

Perform 10x alternating sides
As you plie into right leg...Right arm reaches down and out – stretch left ear to left shoulder
As you plie into left leg...Left arm reaches down and out – stretch right ear to right shoulder

Perform 10x with left foot forward and 10x with right foot forward
Keep head looking straight ahead. Front foot is parallel and back foot is on 4:30 diagonal. Arms sweep left to right as you transfer your weight from left foot to right foot.

TOP-DOWN CERVICAL MOBILIZATION (with strap looped around barre)
10x for each of the 3 movements. Perform the entire exercise with the right shoulder stretching...and then again with the left shoulder stretching.
10x Head moves forward and backward
10x Head stretches side to side
10x Head rotates left to right

3-WAY PENDULUM ARM SWINGS (holding 4 or 5 pound dumbbells)
5x in each position

LEVATOR SCAPULAE STRETCH (with long strap secured to barre)
10x on each side