

Neck And Back Warm Up

Section 1

A1



The "W"

Sets: 2 Reps: 12

- bend from hips between 45° and 90°
- keep back in neutral
- pull shoulders back and down towards hips
- squeeze shoulder blades together
- keep elbows lower than your shoulder
- thumbs up in the top position
- bring your forearms together in front of you (parallel to each other)

A2



The "T"

Sets: 2 Reps: 12

- bend from hips between 45° and 90°
- keep back in neutral
- pull shoulders back and down towards hips
- squeeze shoulder blades together
- elbows straight
- rotate arms in shoulder to see inside of elbows
- thumbs up
- bring hands from in front of you to side - hold up position for prescribed time

A3

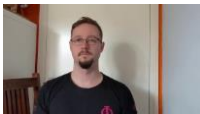


The "Y"

Sets: 2 Reps: 12

- elbows straight
- flex your shoulder all the way up to form a Y shape
- hold the up position for 1 to 2 seconds
- keep your shoulders down

A4

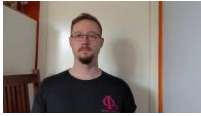


Neck Pro/Retraction

Sets: 2 Reps: 10 Rest: 1 min

- sit upright with your shoulders back
- look forward and push your chin forward
- then pull the chin all the way back and hold for 2 second
- repeat for the stated amount of times

A5



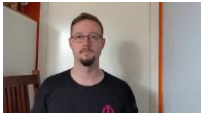
Neck Isometric push forward

Sets: 2 Reps: 10 Rest: 1 min



- sit upright with your shoulders back
- look forward and pull you chin all the way back
- place both hands onto your fore head and push into your hands isometrically
- hold the tension for 3 seconds then release
- there should be no or minimal movement to observe from the outside
- repeat for the stated amount of times

A6



Neck Isometric push lateral

Sets: 2 Reps: 10 Rest: 1 min



- sit upright with your shoulders back
- look forward and pull you chin all the way back
- place one arm just over your ear and push isometrically
- hold for 3 seconds
- release and
- repeat for the stated amount of times

A7



Neck Isometric Push Down

Sets: 2 Reps: 10 Rest: 1 min



- sit upright with your shoulders back
- look forward and pull you chin all the way back
- place your knuckles under your chin and press you chin into your knuckles
- hold isometrically for 3 seconds
- release and
- repeat for the stated amount of times

A8



Neck isometric extension

Sets: 2 Reps: 10 Rest: 1 min



- sit upright with your shoulders back
- look forward and pull you chin all the way back
- place your hand behind your head and push your head into your hands
- hold isometrically for 3 seconds
- release and
- repeat for the stated amount of times

Pectoralis Stretch

A9



Sets: 2 Time: 20 - 30 sec



- bring your elbow to at least shoulder height and hold on to a wall / doorway
- lean into the stretch and hold for 10 to 20 sec
- relax further into the stretch with every time you breathe out
- repeat for 3 to 4 times

A10**Prayer Stretch**

Sets: 2 Time: 20 - 30 sec



- kneel in front of a chair or stool
- rest your elbows on the edge and lower your body position as seen in the picture
- Relax further into the stretch every time you breathe out
- try to open from your shoulder as far as possible and hold the position as stated in your programme
- control your abs to increase the stretch

A11**Traps Stretch**

Sets: 2 Time: 20 - 30 sec



- sit upright on a chair with your chest up and your shoulders back and down
- hold onto the chair with your hand and lean your head in the opposite direction
- intensify the stretch with the other hand guiding the head to lean sideways
- try turning your head for the best result
- hold the stretch for 20 to 30 seconds