



**INCREASE STRENGTH,  
FLEXIBILITY, RANGE OF MOTION  
AND ENDURANCE**



**NECKXSYSTEMS™  
GUIDELINES & EXERCISE  
INSTRUCTIONS**



For exercise videos, visit [www.NeckXSystems.com](http://www.NeckXSystems.com)

## GUIDELINES

NeckX® is an innovative neck exercise device designed by NeckXsystems™ to help stretch and strengthen neck musculature. Using NeckX® can increase endurance and flexibility and ultimately improve range of motion. NeckX® is a lightweight, portable device that allows the user to quickly change from targeting one muscle group to the next. NeckXsystems™ provides the user the ability to continue the exercise regimen prescribed by their medical professional or recommended by their personal trainer in the comfort of their own surroundings, resulting in faster and longer term results. Give NeckX® a try and see what it can do for you.

Before using the NeckX® or starting and participating in any new exercise routine, always consult with your physician or health care professional and discuss if NeckX® is safe for you to use. In addition, you should also use the NeckX® under the supervision of a physician, health care professional, certified trainer or coach, physical therapist, chiropractor, or orthopedic / neck specialist. Finally, if you feel any pain or experience any abnormal symptoms, stop using NeckX® immediately and consult with your physician or health care professional before continuing use.

Please follow these safety guidelines when using this product. If used improperly, the NeckX® can cause injury.

- Read all instructions carefully before using.
- Always consult your physician or health care professional before starting or participating in any new exercise routine.
- Always use NeckX® under the supervision of a physician, health care professional, certified trainer or coach, physical therapist, chiropractor, or orthopedic / neck specialist.
- Always use the safety wrist loops at the end of the bands as prescribed in this document to help prevent injury.
- Inspect the product for damage or flaws before each use.
- Do not use if the loops on the side of the cap, which help position the exercise band on the head, are loose, torn, frayed, or separating from the cap.
- Do not use the exercise bands or any exercise band that has holes (except for the safety wrist loops) or small nicks which may cause the band to tear or break during exercise.

- Do not grasp, attach to any object, or use the safety wrist loops as a means of leverage when using NeckX®. The safety wrist loops should never be used as handles.
- Never shorten the length of the exercise bands. The exercise bands used with NeckX® should never be shorter than six feet (72 inches) in length.
- Never use tape of any kind to attach the exercise bands to stationary objects.
- Keep the exercise bands away from heat, cold, and sharp objects to avoid accidental punctures and tears. Avoid exposing the exercise bands to direct sunlight or water and store in a cool (21°C/70°F), dark area.
- Never stretch the exercise bands to more than three times their resting length.
- Never stretch and release the exercise bands. Always maintain a firm grip and never release the exercise band until you have manually returned it to its resting length.
- Never tie two pieces of exercise bands together.
- Always use NeckX® in an open area that is free from obstructions.
- This product should not be considered to be or used as a toy.
- The life expectancy of the exercise bands are consistent with that amount of usage sustained. As a precaution, the exercise bands should be replaced at a minimum every year. Heavy use may require accelerated replacement.
- If the exercise bands, cap, or safety wrist loops are damaged in anyway, do not use and replace before continuing to use NeckX®.
- This product is intended for use only as described in this document or as prescribed by a physician, health care professional, certified trainer or coach, physical therapist, chiropractor, or orthopedic / neck specialist.
- NeckX® LLC assumes no liability for injuries, accidents, or damages that may occur with the use or misuse of this product.

The portable NeckX® allows you to do your exercises anywhere and can be done while standing, sitting or lying down. It is important to breathe while doing the exercises and relax as you take your neck through your normal range of motion. Neck exercises are to be done pain free, smooth and with slow controlled motions at all times. Neck stretches are done to a count of 20 seconds and repeated one to three repetitions. Neck exercises are done for 8 to 10 repetitions (unless otherwise instructed by a health care professional). Begin by holding for 2 seconds at the end of the range of motion. Return slowly counting for 4 seconds to the start of the position. All neck exercises can be done with breaks when muscles are feeling fatigued. Neck stretching and strengthening should not produce or increase any pain. For best results, neck exercises should be performed once a day. If at any time you feel any pain or experience any abnormal symptoms, stop using NeckX® immediately and consult with your physician or health care professional before continuing use.



# INSTRUCTIONS

Upon opening your package, inventory your NeckX® device and ensure that you have all the components listed here:



- NeckX® Adjustable Cap
- 3 NeckXsystems™ Exercise Bands (Yellow, Green, Blue)
- NeckXsystems™ Guidelines and Exercise Instructions
- NeckX® Carrying Pouch

NeckXsystems™ bands are color coded with respect to the resistance they provide:



- Yellow = Light
- Green = Medium
- Blue = Heavy

Also, you should immediately inspect the cap, exercise bands, and safety wrist loops at the ends of each band, for any damage or flaws before each use. If any damage or flaws are noticed in accordance with, but not limited to, the advice contained in the Guidelines section, do not use the NeckX® device. Contact the NeckXsystems™ customer service department.

After inspecting the components of your NeckX® device and after consulting with your physician or health care professional, you are ready to begin using the NeckX®. To correctly assemble the NeckX® and to ensure its safe use, you should follow the assembly instructions on the next page.



# ASSEMBLY/USAGE INSTRUCTIONS

Choose which exercise band you wish to start with. It is highly recommended that you begin with the band that offers the least resistance until you have perfected the exercises and to prevent possible injury.



**Step 1:** Feed the exercise band through the side loops on each side of the cap above the chin straps. Adjust the exercise band so that the band is even on both sides and the NeckX® logo is centered on top.



**Step 2:** Place the NeckX® on your head so that the bottom of the cap runs across the forehead, slightly above the eyebrows. Look in a mirror to ensure the NeckX® logo is centered above your nose and attach the chin strap.



**Step 3:** If the cap is loose, use the Velcro adjustment tab on the back to assist in a more secure fit.



**Step 4:** Slip your hands through the safety wrist loops and then grasp the exercise bands. Do not grasp the safety wrist loop to perform the exercises.

*Caution: The exercises and instructions detailed in this guide are for reference only and are not intended to act as a prescription for exercise. Before using the NeckX®, starting or participating in any new exercise routine, always consult with your physician or health care professional and discuss if NeckX® is safe for you to use. In addition, you should also use the NeckX® under the supervision of a physician, health care professional, certified trainer or coach, physical therapist, chiropractor, or orthopedic/neck specialist. Finally, if you feel any pain or experience any abnormal symptoms, stop using NeckX® immediately and consult with your physician or health care professional before continuing use.*



## EXERCISE TIPS

- The goal of using the NeckX® is to gradually increase the amount of repetitions to build endurance.
- Neck stretches are done to a count of 20 seconds and repeated one to three repetitions.
- Neck exercises are done for 8 to 10 repetitions (*unless otherwise instructed by a health care professional*).
- Begin by holding for 2 seconds at the end of the range of motion.
- Return slowly counting for 4 seconds to the start of the position.
- If greater resistance is desired, you may consider using two bands simultaneously.
- The NeckX® may also be used while lying down. For suggested positions, review the pictures at the end of the exercise section.

## NEUTRAL SPINE POSITION (NSP)

### NSP Technique:

- Sit up straight, shoulders back.
- Look straight ahead.
- Put hands through safety wrist loops.
- Hands are holding resistance bands and resting at hips.
- Start and end all exercises in the Neutral Spine Position.

*Note: It is recommended that the following steps and all recommended exercises be done in front of a mirror to help ensure the proper placement of the NeckX® upon your head. Furthermore, using a mirror will help you maintain a Neutral Spine Position for all recommended exercises and allow you to evaluate technique and ensure proper movement.*

## 1. SIDE BEND (LEFT OR RIGHT)



**Step 1:** Position band on top of head. Hold left arm out, slightly above waist at a 45° angle. This exercise can be done to the left and right.



**Step 2:** Tilt head to the left, feeling the stretch along the right side.



**Step 3:** For resistance, tilt head to the right, keeping your left hand in place, return your head back to the left and repeat.

## 2. RETRACTION/ CHIN TUCK



**Step 1:** Position band on back of head. Lift arms to the front, above shoulder level, holding the bands at the desired level of resistance.



**Step 2:** Tuck chin in and hold, keeping arms in place. Move chin in and out on a horizontal or level plane.



**Step 3:** Slowly return and repeat.

## 3. EXTENSION



**Step 1:** Position band on top of head. Hands are holding resistance band and resting on knees. Lower your chin and stretch the back of your neck.



**Step 2:** Lift head up and back, increasing the resistance against the band, or, with continuous resistance by lifting arms up as your head extends back.



**Step 3:** Slowly return and repeat.

## 4. FLEXION



**Step 1:** Position band on front of head. Turn your grip upside down with thumbs facing downward.



**Step 2:** Wrap bands around the back of your shoulders and behind your elbows. Lift top of head up, increasing resistance against band.



**Step 3:** Tuck chin in and bring towards chest, without bending body forward. Slowly return and repeat.

## 5. ROTATION (LEFT SIDE)



**Step 1:** Position band on top of head. With your left hand, wrap the band around the front of the NeckX® cap, continuing around back and hold out at a 90° angle.



**Step 2:** Turn your head to the right, feeling the stretch along the left side. Ensure that you are holding the bands. Do not hold the safety wrist loops.



**Step 3:** For resistance, turn your head to the left, slowly return back to the right.

## (RIGHT SIDE)



**Step 1:** With your right hand, wrap the band around the front of the NeckX® cap, continuing around the back and hold out at a 90° angle.



**Step 2:** Turn your head to the left, feeling the stretch along the right side. Ensure that you are holding the bands. Do not hold the safety wrist loops.



**Step 3:** For resistance, turn your head to the right, slowly return back to the left.

## 6. 45°s



**Step 1:** Position band on top of head. Begin in Neutral Spine Position, hands are resting at hips.



**Step 2:** Lift head up and rotate to the right while looking up and over your shoulder, and hold.



**Step 3:** Slowly return your head back through the Neutral Spine Position and look down at your left hand. Repeat to the right as necessary.

## 7. VERTICAL LIFT



**Step 1:** Position band on top of head. Securely hold the resistance bands at each end with wrists through the safety wrist loops and resting at hips.



**Step 2:** Lift top of head up towards ceiling, without lifting your chin. You may engage core muscles as well.



**Step 3:** Slowly return to Neutral Spine and repeat.

## EXERCISES LYING DOWN



**CHIN TUCK:** Position band at back of head. Hold arms straight up using desired amount of resistance. Raise chin vertically and back down.



**SIDE BEND Step 1:** Hold arm out to left or right side at a plus 45° angle.



**SIDE BEND Step 2:** Imagine head resting on a dime. Tilt head to left and right while resisting the temptation to turn your chin.



**EXTENSION Step 1:** Position band at back of head. Raise arms to a 45° angle using desired amount of resistance.



**FLEXION Step 2:** Move chin towards chest. After desired range of travel, slowly allow head to move back towards the table.



**EXTENSION Step 2:** Slowly allow head to come forward. After desired range of travel, move head back towards table.



**ROTATION Step 1:** Wrap band around front of head as previously described in Rotation Exercise and hold arm out at 90° angle (left arm at 90° angle not shown).



**FLEXION Step 1:** Position band on front of head. Wrap bands behind shoulders and elbow. Hold arms at side.



**ROTATION Step 2:** Pull the desired amount of resistance to stretch. If desired, head may be turned to the left and right to work range of motion.

