

PERFORMANCE

7 NECK EXERCISES

INCREASE STRENGTH, FLEXIBILITY,
RANGE OF MOTION AND ENDURANCE



Side Bend



Rotation



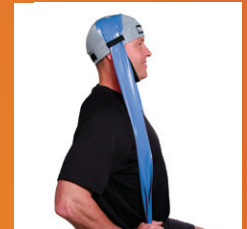
Extension



Flexion



45's



Vertical Lift

*Minimize Concussion and Cervical Injury
in our Student Athletes*



Exercise #1
Chin Tuck

NECKX

Visit NeckXsystems.com to learn more.