

## The Tech Neck Solution - 1

Roll Shoulders		Side Kicks	10x ea
Tilt Neck		- Front/Back	
Turn Head		Side Plank	5x
Tuck Chin		The Seal	5x
Chin Circles		Standing Arm Circles	5x
Press Head with hand		Roll Down	3x
The Hundred	100	Push Ups	5x
Roll Down	6x	Large Arm Circles	3x
The One Leg Circle	5x ea		
Rolling Like a Ball	7x		
The One Leg Stretch	10x		
The Double Leg Stretch	10x		
Single Straight Leg	10x		
Spine Stretch Forward	7x		
The Saw	3 sets		
Swan Prep			
Single Leg Kick	7 sets		
Shoulder Bridge Prep			