

The Tech Neck Solution - 2

Roll Shoulders		<u>Side Kicks:</u>	all 10x
Press Head with hand		Teaser Prep	3x
Shari's Pelvic Clock		Swimming Prep	
The Hundred	100	Side Plank	4x
Roll Down	8x	Seal	4x
Roll Up	5x	Push Ups	10x
Single Leg Circles	5x	Arm Circles	3x
Rolling Like a Ball	8x	Roll Down	3x
Single Leg Stretch	10 sets	Push Ups	10x
Double Leg Stretch	10x	Arm Circles	3x
Single Straight Leg Stretch	10 sets		
Double Straight Leg Stretch	10x		
Criss Cross	5 sets		
Spine Stretch Forward	5x		
Open Leg Rocker Prep			
Saw	3 sets		
Swan Prep			
Single Leg Kicks	8 sets		
Neck Pull Prep			
Shoulder Bridge Prep			