

The Tech Neck Solution - 3

Roll Shoulders		<u>Side Kicks:</u>	10x
Press Head with hand		Teaser one Leg	3x
Shari's Pelvic Clock		Teaser 1	3x
The Hundred	100	Swimming Prep	
Roll Down	8x	Cat / Cow	
Roll Up	8x	Side Plank	4x
Single Leg Circles	5x	Seal	4x
Rolling Like a Ball	6x	Plank	
Single Leg Stretch	12 sets	Arm Circles	3x
Double Leg Stretch	12x	Roll Down	1x
Single Straight Leg Stretch	14 sets	Push Ups	10x
Double Straight Leg Stretch	10x	Arm Circles	5x
Criss Cross	5 sets		
Spine Stretch Forward	5x		
Open Leg Rocker	6x		
Saw	3 sets		
Swan Prep			
Single Leg Kicks	12 sets		
Neck Pull	9x		
Shoulder Bridge Prep			