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Hi, I'm Sheri Berkowitz. Welcome to the Tech Neck Solution. The idea behind this series is to give you a physical experience and information that helps empower you to strengthen yourself and develop better posture. Not just in posture that you're lifting up tall, but to resist the desire to collapse into what we call tech neck.

And whether it be from a handheld device or your desk work or maybe your any kind of manual labor, what kind of strength do we need to develop? That's what this is about. And it's not just about isolated neck work. It's about full body work that gets you there.

The goal of these workouts is to give you the internal strength that you need to develop a strong posture, not just walking around town, but whether it's at, uh, work or even during other kinds of workouts. What kind of posture do you need? Where does that posture come from?

What kind of strength do you need? So working one workout after another of these, from the first to the second to the third, should give you a foundation, then development and growth from there, and even more growth on top of that. As you work through this series of workouts, you'll start to feel a physical empowerment.

At first, yeah, you're going to feel like, oh, this is challenging. And then you'll develop more and more strength to grow through each one of the workouts. The first to the second to the third. By the time you get to even the second workout, you should already be feeling strong, stronger, more stable through your whole spine, a little bit more uplifted and connected that you can keep growing and developing through them all.

I, uh, created these workouts to empower you, to give you a plan specifically for you who's searching for better posture. Get rid of this tech neck so that you can get stronger and to recognize that it's not just something that focuses on the neck and shoulders, that this is a full body experience, that you need to have a full body workout that addresses the tech neck, the challenge of posture.

I hope you'll enjoy it.