

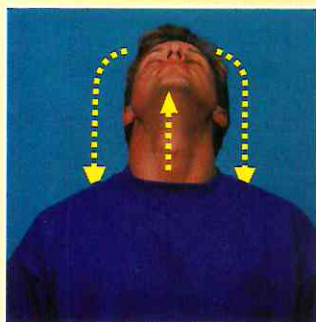
Your Neck Exercises

The following exercises were specially developed to add strength and flexibility to your neck. For true benefit they must be performed properly, so please read the instructions carefully before beginning. Remember to breathe normally and to move rhythmically without sharp or sudden jerking motions. Should you feel any pain, discontinue the exercise and consult your physician. Enjoy yourself and Happy Health!

□ HEAD ROLL

Tuck your chin into your throat, then gently rotate your head until your chin meets your shoulder. After 5 to 6 seconds, rotate your head back to the middle of your body. Once you have completed 5 repetitions, follow the same routine on the other side.

Key Point: Keep a steady, slow rhythm



□ CHIN STRETCH

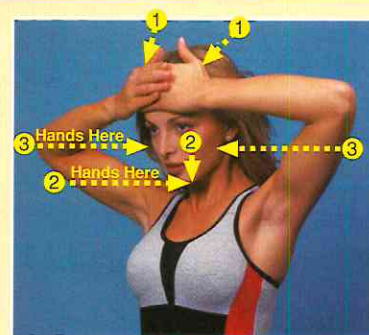
Sitting with your back straight, slowly let your head drop back as far as you can comfortably go. Hold this position for 10 seconds, relax, then repeat 3 to 4 times.

Key Point: Do not arch your back

□ ISOMETRIC PRESSES

1) Place your hands on your forehead and move your head forward, pushing hard into your hands. Your hands should be resisting and holding your head from moving forward. Repeat 4 or 5 times. 2) Next, clasp your hands under your chin and resist the downward movement of your chin with your hands. Repeat 4 or 5 times. 3) Finally, place the palm of your hand against your temple and push your head sideways into your hand. Do this on both sides 4 or 5 times.

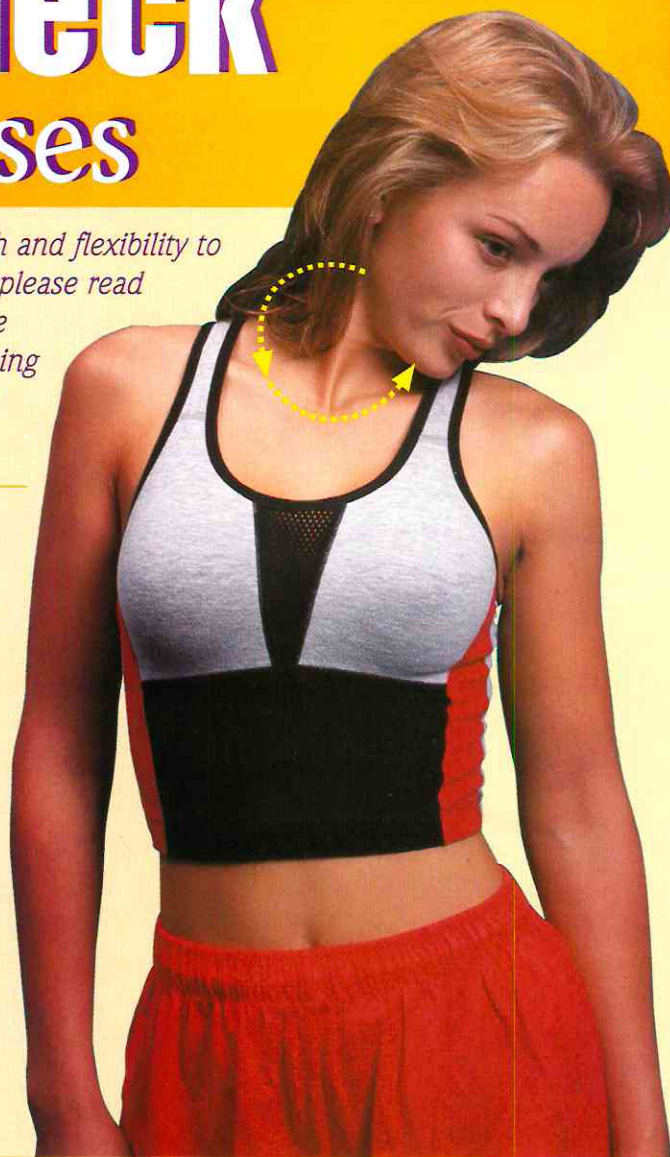
Key Point: Apply adequate hand strength



□ SIDE STRETCH

While sitting down, with your weight shifted slightly forward, slowly raise an arm up and over your head as you bend your body to the opposite side. Hold your position for 5 to 8 seconds. After 5 repetitions, do the same exercise with the opposite arm.

Key Point: Do not lean backward



Your Neck Exercises



□ SHOULDER SHRUG

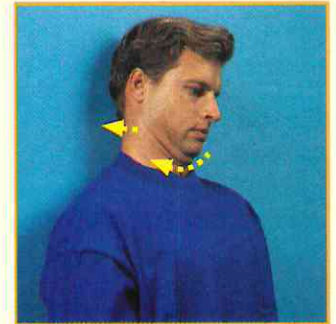
In a standing position, raise both of your shoulders as high as possible. Hold them there for at least 5 seconds, then slowly release them and return to your starting position. Do this exercise 5 times.

Key Point: Keep your back and shoulders straight

□ NECK STRETCH

Stand up against a wall, with the back of your head touching the wall. Tuck your chin and try to bring the hollow of the neck up against the wall. Hold this position, then repeat 4 or 5 times.

Key Point: Keep all movement primarily in the neck area



□ HEAD LIFT

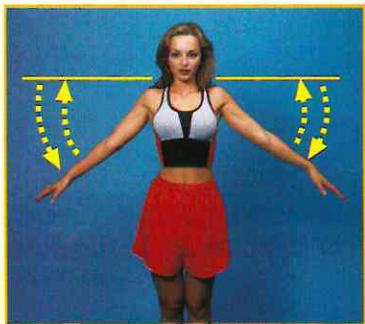
Lie flat on your back with your knees bent and your feet flat on the floor. With your chin tucked and your shoulders still on the floor, lift your head toward your chest. Perform this exercise 6 to 8 times.

Key Point: Keep your chin tucked closely to your chest

□ ARM REACH

Get on your hands and knees and slowly stretch one arm straight out in front of you. Do not let your weight lean toward your supporting arm. Hold your position for 5 to 8 seconds. After performing the exercise 4 to 5 times, switch to the other arm.

Key Point: Maintain proper balance and head alignment



□ ARM LIFT

Stand upright with your head and neck in a straight alignment. Now alternately raise and lower your arms. The arms should remain straight and form smooth, slow arcs.

Key Point: Stand straight without arching your back



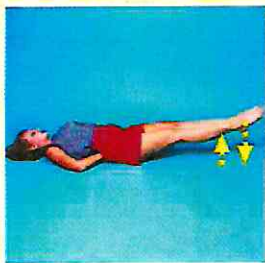
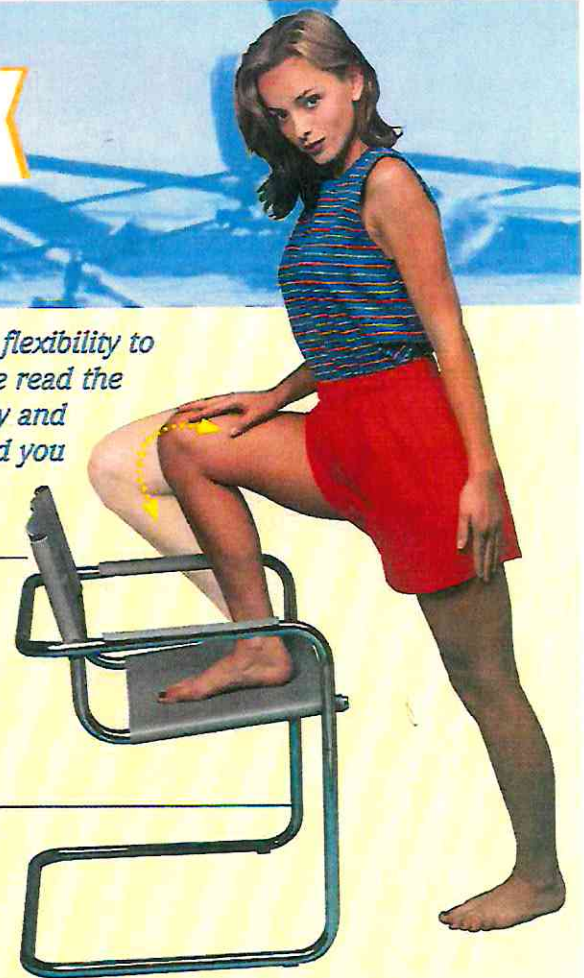
Your Back Exercises

The following exercises were specially developed to add strength and flexibility to your back. For true benefit they must be performed properly, so please read the instructions carefully before beginning. Remember to breathe normally and to move rhythmically without sharp or sudden jerking motions. Should you feel any pain, discontinue the exercise and consult your physician. Enjoy yourself and Happy Health!

☐ HAMSTRING STRETCH

From a standing position, put one foot on a chair or stool, then slowly lean forward. Hold this position, with your head over your knee, for 8 to 10 seconds, then return to an upright position. After doing this exercise 4 to 5 times, switch to the other leg and repeat.

Key Point: Keep head properly positioned over knee



☐ LEG LIFTS

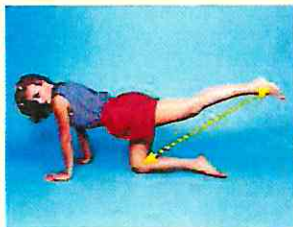
While on your back, put your hands beneath your buttocks or at your side. Raise both legs simultaneously, about 6 inches off the floor. Hold that position for 5 to 6 seconds, then slowly lower your legs back down to the floor. Perform this exercise 5 to 8 times.

Key Point: Keep legs straight

☐ KNEE BEND

Lying flat on your back, clasp both hands around one knee and pull it toward your chest. At the same time, curl your head and shoulders forward. Hold this position for 5 to 6 seconds, then relax into your original flat position. Repeat the exercise with your opposite leg. Once you have mastered this technique, try pulling both knees toward you at the same time. At first, do the exercise 5 times for each leg.

Key Point: Steady movement pays dividends



☐ LEG REACH

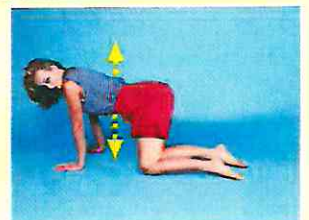
Begin this exercise on your hands and knees. Extend one leg straight out behind you and hold it parallel to the ground for 5 seconds. Remember to keep your back, head and stomach straight, without any arching or sagging. Bring the leg back to the ground. After doing this exercise 5 times, switch legs and repeat 5 times.

Key Point: Avoid arching or sagging of your back

☐ BACK RELEASE

From a position on your hands and knees, let the muscles of your stomach and buttocks relax and allow your back to sag slightly. Your weight should be evenly distributed and you should refrain from sitting back on your hips. Hold for a count of five, then return to your starting position. Perform this exercise 5 or 6 times.

Key Point: Maintain an even weight distribution



Your Back Exercises



❑ HIP STRETCH

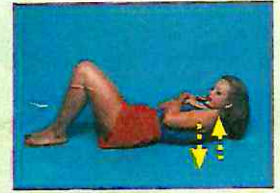
Kneel on one knee, with the other leg in front of you. Slowly shift your weight forward onto your front foot and hold this position for 20 seconds. Return to your starting position. After performing this exercise 5 times, switch the position of your legs and repeat 5 more times.

Key Point: Maintain good posture

❑ PARTIAL SIT-UP

Lie on your back, bend your knees and keep your feet flat on the floor. With your arms crossed over your chest, slowly raise your shoulders 4 to 6 inches from the floor. Hold this position for about 5 to 8 seconds, then slowly lower your shoulders to the floor. Perform this exercise 10 times.

Key Point: Do not jerk yourself up from the floor



❑ BACK STRETCH

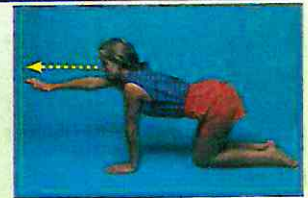
Begin this routine on your hands and knees, with your hands aligned under your shoulders and your knees under your hips. Now slightly tighten your stomach muscles and let your neck relax. Gradually raise your back and further tighten your stomach and buttocks muscles. Your chin should be lowered into a natural curve. Hold this position for 5 to 6 seconds, then return to your starting position and repeat 4 to 5 times.

Key Point: Avoid arching your back

❑ ARM REACH

While on your hands and knees, slowly stretch one arm straight out in front of you. Do not let your weight lean toward your supporting arm. Hold your position for 5 to 8 seconds. After performing the exercise 5 times, switch to the other arm and repeat 5 more times.

Key Point: Do not lean weight on supporting arm



❑ MODIFIED PUSH-UP

Lying on your stomach, put your palms flat on the floor under your shoulders, with your elbows bent. Use your arms to push your upper body as far up as comfortably possible, then lower yourself to the floor. Keep your thighs, knees and toes pressed to the floor. Perform this exercise 5 to 8 times.

Key Point: Knees should remain stationary

❑ DOUBLE KNEE ROLL

Lying down, keep your arms outstretched with the palms down. Then roll both knees together to one side until the outside knee touches the floor. At the same time, turn your head in the opposite direction and hold this position for 4 to 5 seconds. Roll to the opposite side, turning your head and knees as previously mentioned. Do 3 sets for each side.

Key Point: Minimize back movement



❑ PELVIC TILT

Lying on your back, tighten your abdomen and buttocks by slowly pressing your lower back to the floor. Hold this position for a count of 5, then release. Repeat the exercise 5 times.

Key Point: Keep your movement slow and steady

❑ HIP LIFT

This exercise is performed while on your back, with your knees bent. Without arching your back, slowly raise your hips upward while keeping a straight line from your knees to your shoulders. Stay in this position for a 5 count, then lower your buttocks to the floor once again. Repeat the exercise 5 times.

Key Point: Your back should remain straight

