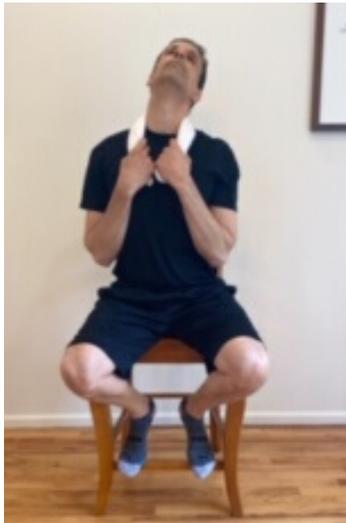


CERVICAL SPINE WARM UP AND STRETCHES #1

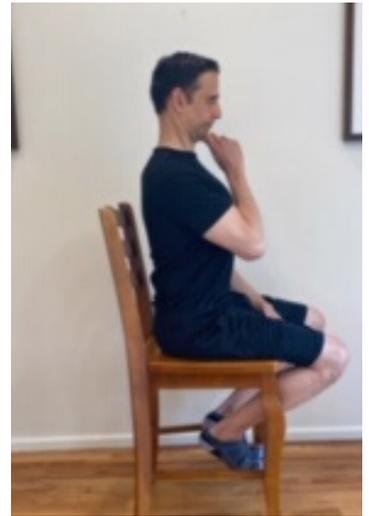
1

NECK ROLLS
WITH TOWEL
6-8 REPS



2

CHIN TUCKS
6-8 REPS,
3 SEC HOLD; CAN
ADD
OVERPRESSURE



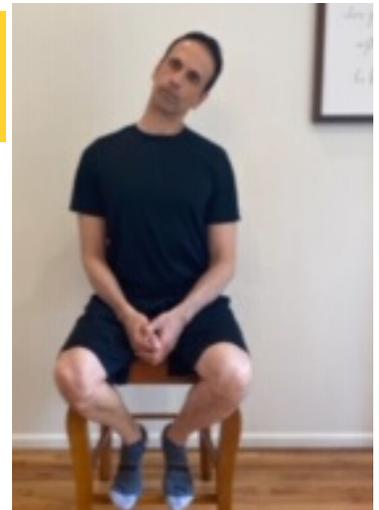
3

ROTATIONS
5-6 REPS,
EACH DIRECTION



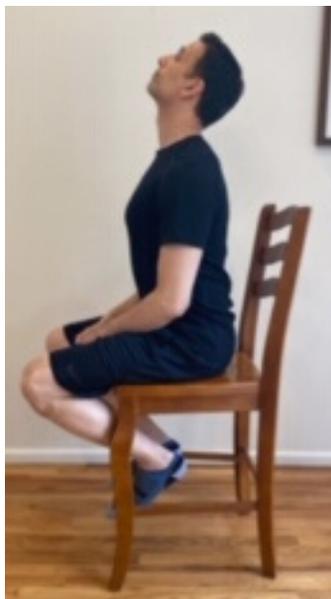
4

SIDEBENDING
5-6 REPS,
EACH
DIRECTION



5

EXTENSION
WITH "NOD"
5-6 REPS,



6

FLEXION
5-6 REPS,
TRY OVER-
PRESSURE

