

# Isometric Neck Strengthening



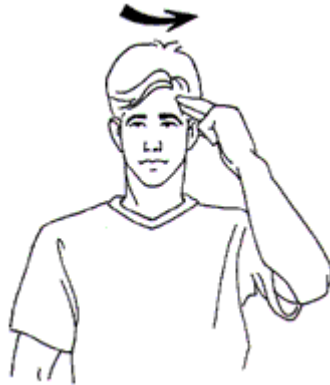
WITH ONE OR TWO HANDS PRESS WITH FIRM PRESSURE INTO YOUR FOREHEAD. DO NOT LET YOUR HEAD MOVE.

<b>Repeat:</b>	10 times	<b>Sets:</b>	1
<b>Hold Time:</b>	5 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		



WITH ONE OR BOTH HANDS APPLY PRESSURE ON THE BACK OF YOUR HEAD. ATTEMPT TO PUSH YOUR HEAD FORWARD BUT DO NOT LET YOUR HEAD MOVE.

<b>Repeat:</b>	10 times	<b>Sets:</b>	1
<b>Hold Time:</b>	5 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		



WITH YOUR HAND PRESS WITH FIRM PRESSURE ON THE TEMPLE OF YOUR HEAD ATTEMPTING TO ROTATE THE HEAD BUT DO NOT LET IT MOVE. PERFORM THE ISOMETRIC TO THE LEFT THEN TO THE RIGHT.

<b>Repeat:</b>	10 times	<b>Sets:</b>	1
<b>Hold Time:</b>	5 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		



WITH YOUR LEFT HAND PRESS WITH FIRM PRESSURE ON THE LEFT SIDE OF YOUR HEAD BUT DO NOT LET YOUR HEAD MOVE.

<b>Repeat:</b>	10 times	<b>Sets:</b>	1
<b>Hold Time:</b>	5 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		