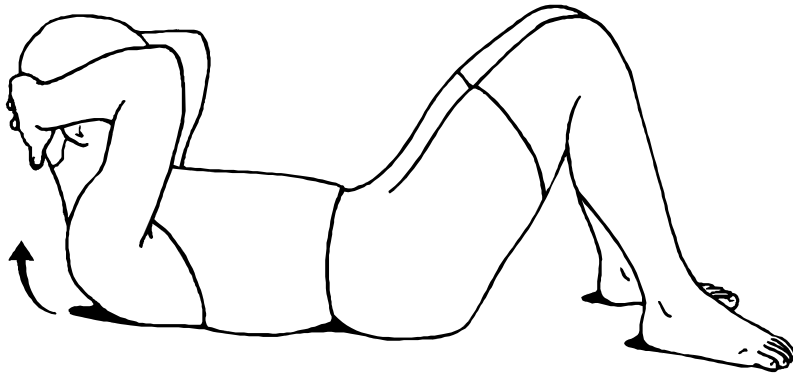




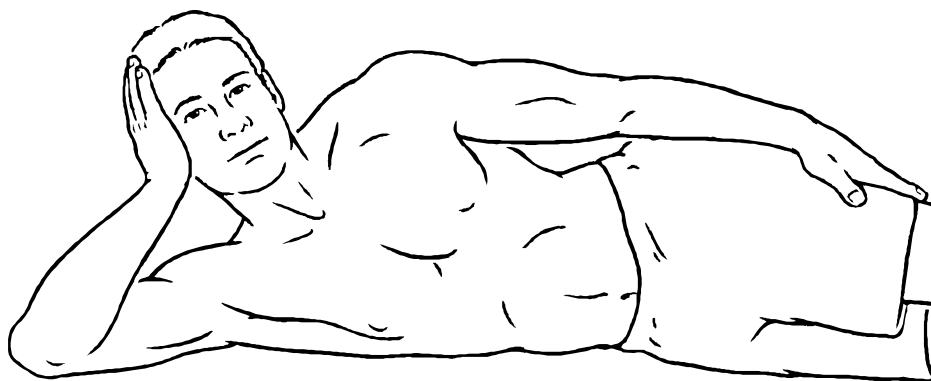
Routine For:
Created By: James Pamplin

02-25-2012
Neck Active Stretches



Pull head forward until stretch is felt. Hold 20 seconds.

Repeat 3 times. Do 2 sessions per day.



Lie on one side with palm against side of face, fingers up.

Hold 20 seconds.

Repeat 3 times per set.

Do 2 sessions per day.