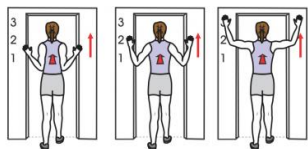


## 5 Minutes Routine Anti-Tech Neck

Take a short break of a few to do this routine - also try to move every 20 minutes and take your eyes away from screenwork!

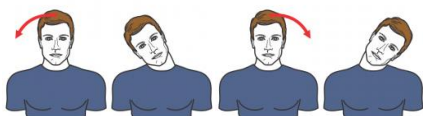
### 1 - Flexibility / Shoulders Chest Stretching



- Place yourself inside and in the middle of a door frame. Place hands on each side of the frame. Push yourself forward while lifting and descending your hands along the frame.

Week	Sets	rep.	Tempo	recovery
<b>1</b>	<b>1</b>	<b>10</b>	<b>slow</b>	<b>00:00</b>

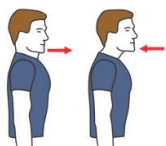
### 2 - Head Lateral Movement



- Looking forward, tilt the head to one side and on the other.

Week	Sets	rep.	Tempo	recovery
<b>1</b>	<b>1</b>	<b>10</b>	<b>slow</b>	<b>00:00</b>

### 3 - Cervical Anterior Posterior Glide



- Keep your back straight and abs tight. Pull your chin backward and push it forward.

Week	Sets	rep.	Tempo	recovery
<b>1</b>	<b>1</b>	<b>10</b>	<b>slow</b>	<b>00:00</b>

### 4 - YTWL Bodyweight



- Standing with feet under hips, body tilted forward, perform the YTWL movement as directed by your instructor. Keep your back straight and your head in line with your body.

Week	Sets	rep.	Tempo	recovery
<b>1</b>	<b>1</b>	<b>10</b>	<b>slow</b>	<b>00:00</b>