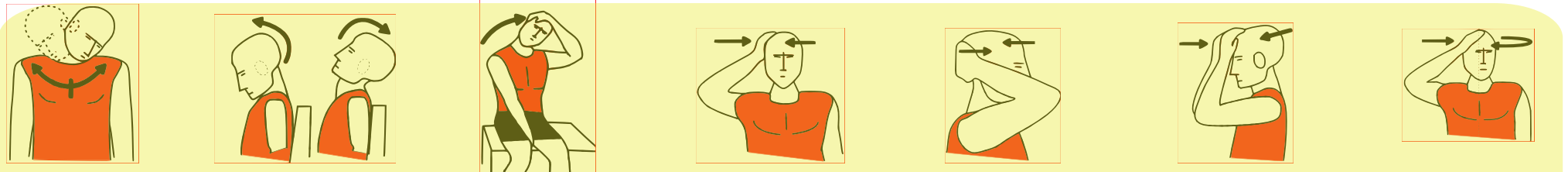


Neck strengthening

Twice a week

1 session = Warm up (5') + 1 static exercise (5') + 2 dynamic exercises (10')



10 x 10 x Right 2x10"
Left 2x10"

Right 2x10"
Left 2x10"

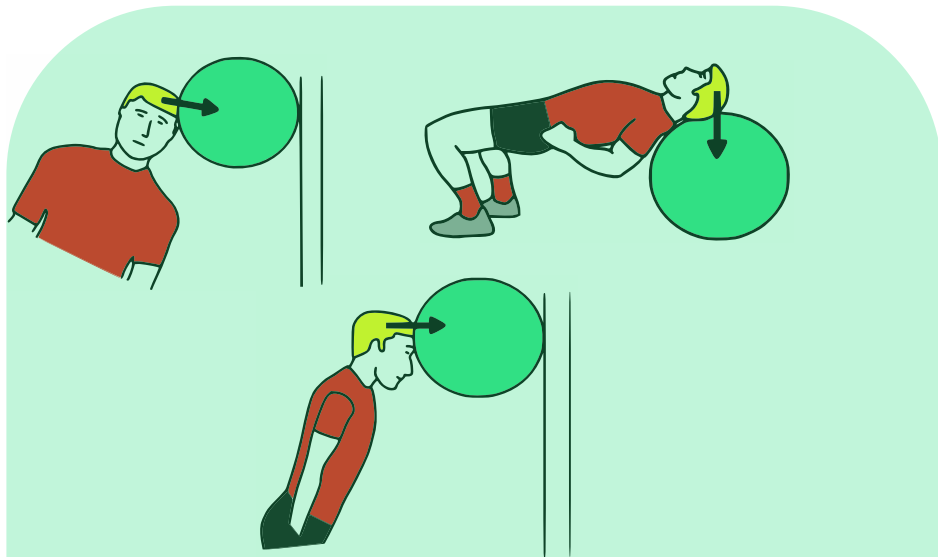
Right 2x10"
Left 2x10"

Right 2x10"
Left 2x10"

Right 2x10"
Left 2x10"

Right 2x10"
Left 2x10"

Warm Up (5')

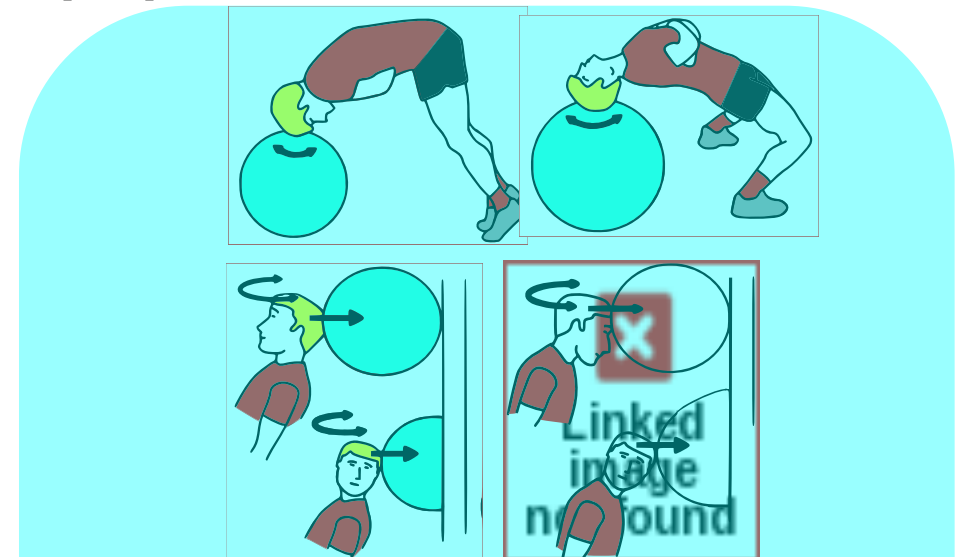


Static exercises

(choose one)

6 x (30" work + 15" recup)

3 right / 3 left or 3 front side/ 3 back side



Dynamic exercises

(choose two)

6 x (20 rep + 15" recup)