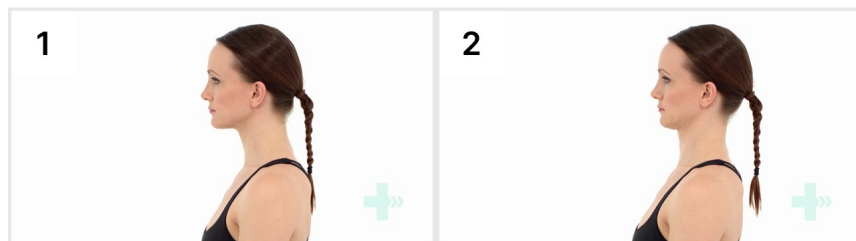


1. Chin tuck

3 Sets / 10 Reps



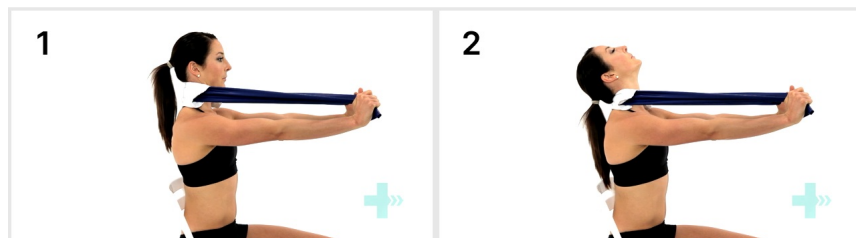
Start in a seated position with your shoulders relaxed.

Look straight forward.

Tuck your chin in, as to resemble a double chin, hold this position.

2. Cervical extension mobilisation with towel

1 Set / 3 Reps / 10 s hold



Sit up tall with a towel behind your neck.

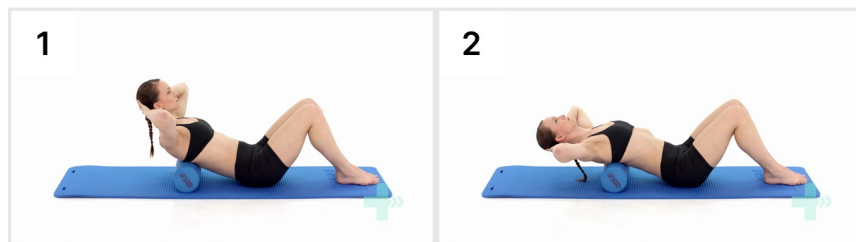
Hold the ends in each hand.

Look up towards the ceiling, extending your neck, whilst simultaneously pulling forwards on the ends of the towel.

You can move the towel up and down your neck to find different points to stretch at.

3. Segmental thoracic extension over foam roll - hands behind head

3 Sets / 10 Reps / 1 s hold



Place a foam roll across the floor.

Lie back with the foam roll running across the level of your spine that you would like to stretch.

Wrap your hands around the back of your head to support the weight.

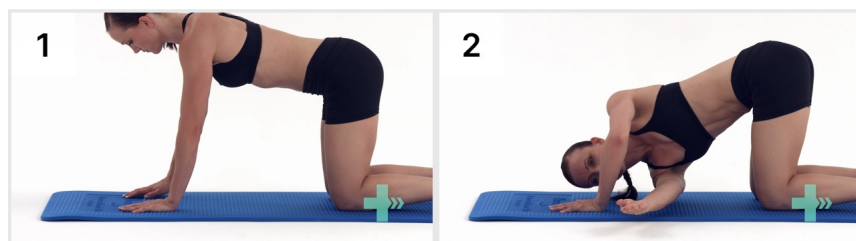
Ensure you do not pull your head forward, keep it in line with the rest of your spine.

Inhale, then as you exhale allow your body to relax over the foam roll.

Hold this position in a stretch, continuing to focus on your breathing.

4. "Thread the needle"

3 Sets / 10 Reps / 1 s hold



Start lying on your front.

Bring yourself up onto your hands and knees.

Your hands should be under your shoulders and your hips over your knees.

Take one hand off the floor and reach in and through between your other hand and leg on that side.

Allow your shoulder and head to follow, moving down towards the floor as your hand reaches through.

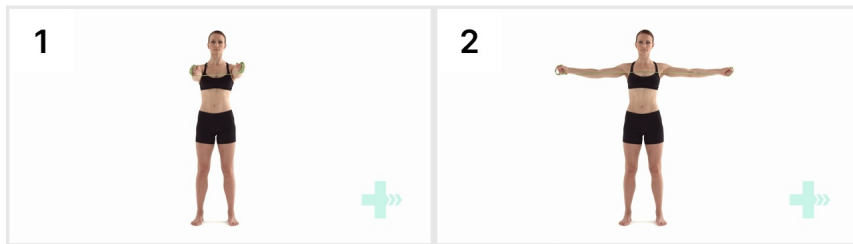
Allow your back to twist.

You should feel a stretch down your side, your shoulder blade and neck.

Hold and then relax and repeat.

5. Resisted scapula “T”

3 Sets / 10 Reps / 1 s hold



Hold a resistance band in both hands and gather up some tension.

Start with your hands at chest height and your arms straight and move them out in a “T” shape, keeping your shoulder blades back and down.

Control the movement back to the start position and repeat.