

## **Neck Strength – Repeat for 6-8 weeks**

**If any exercises cause pain or discomfort more than a 3/10 please stop. It should be tough, but not painful.**



Follow the program below doing Day One, followed by Day Two, then a rest day. Rest 1-2 minutes between sets.

### **Day One**

[Y Raises](#) – Build up to 3 sets of 12 reps. Start with whatever you can manage. Then add weight, decrease the reps and build up once more.

[Monkey Shrugs](#) - Build up to 3 sets of 12 reps. Start with whatever you can manage. Then add weight, decrease the reps and build up once more.

[Swimmers Hovers](#) – 3 sets of 30-45 seconds

[Wall Angels](#) – 3 sets of 8-12 reps

[Scapula Press Ups](#) – 3 sets of 8-15 reps

### **Day Two**

[Neck Strengthening Routine – Follow Video Advice](#)

[Banded Work – Follow Video](#)