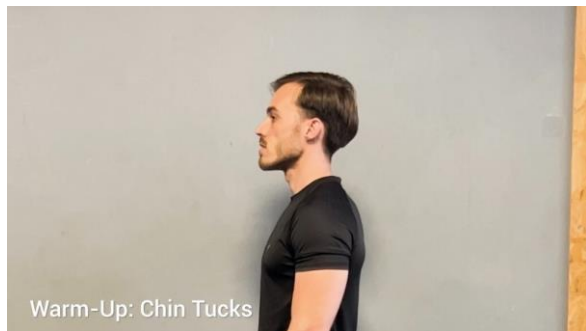


## Warm-Up: Chin Tucks



Before starting with the isometric neck exercises, warm up with a slow movement exercise. Chin tucks are a great way to prepare yourself to start your neck strengthening routine.

To do a chin tuck, simply pull your head back as far as possible and tuck your chin in towards your chest. Hold this position for two seconds, then release. Do **10 to 15 repetitions** before moving on the other exercises.

## Frontal Neck Exercises

### Option 1: Frontal Neck Isometric Against Hand Pressure



- Setup: Face forward, placing one or two hands on your forehead.
- Execution: Push your hands against your forehead while resisting with your neck, keeping your head stationary. Hold the position.
- Ideal for beginners; easily adjustable pressure.

### Option 2: Frontal Neck Isometric Against Gravity

- Setup: Lay down flat on your back.
- Execution: Lift your head off the floor slightly and tuck your chin. Try to keep the space between your head and the floor as small as possible. Hold the position.
- Uses body weight as resistance. You can progress by placing a small weight plate wrapped in a towel on your forehead. Keep the weight in place with your hand.



### Option 3: Frontal Neck Isometric Against Resistance Band



- Setup: Anchor a resistance band behind you at around head height and wrap the band around the forehead. Use a towel to protect yourself from skin irritation and hair pulling.
- Execution: Step forward to create tension, staying upright. Resist the band pulling your head backward. Hold the position.
- Scale the resistance by changing the tension in the band.

## Rear Neck Exercises

### Option 1: Rear Neck Isometric Against Hand Pressure

- Setup: Place one or two hands against the back of your head.
- Execution: Push your head back into your hands without moving it, keeping it neutral.



### Option 2: Rear Neck Isometric Against Gravity



- Setup: Lie face down with your head off the edge of a bench.
- Execution: Lift your head to align it with your spine, resisting gravity. Hold the position.
- You can also do this on the edge of your bed. Scalable with a weight plate, wrapped in a towel.

### Option 3: Rear Neck Isometric Against Resistance Band

- Setup: Secure a resistance band in front of you and wrap it around the back of your head, using a towel as cushioning.
- Execution: Step back to create tension, staying upright. Resist the band pulling your head out of alignment. Hold the position.



## Lateral Neck Exercises

### Option 1: Lateral Neck Isometric Against Hand Pressure



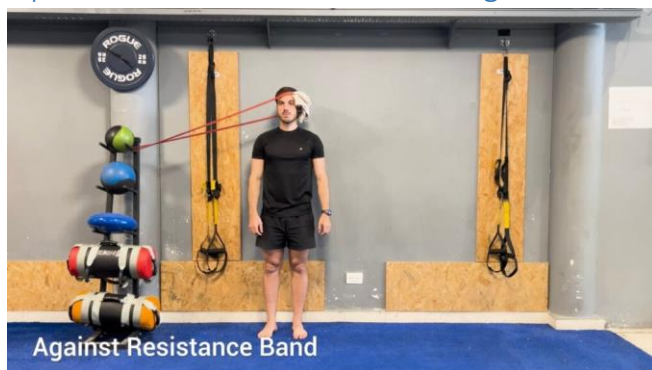
- Setup: Place one hand on the side your head. The direction of the force in this exercise is ear to the shoulder.
- Execution: Apply pressure with your hand. Resist with your neck, keeping your head neutral. Hold. Repeat on the other side.

### Option 2: Lateral Neck Isometric Against Gravity

- Setup: Lie on your side on a bench, with your head and shoulders over the edge. Place your bottom hand on the floor.
- Execution: Lift your head and keep it aligned with your body. Hold the position. Repeat on the other side.
- You can also do this exercise on your bed. Scalable with weights.

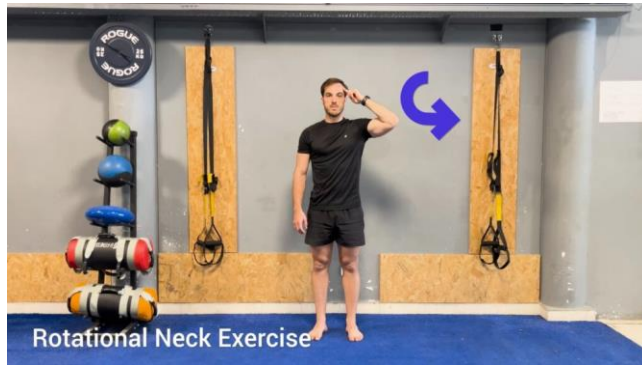


### Option 3: Lateral Neck Isometric Against Resistance Band



- Setup: Anchor a resistance to your side and wrap it around your head on the opposite side; at the level of your temple.
- Execution: Step away to create tension, stay upright, and keep your head in alignment. Hold and repeat on the other side.

## Rotational Neck Isometric Against Hand Pressure



- Setup: Place one hand on your temple. The direction of the force is as if you were trying to look over your shoulder.
- Execution: Rotate your head against hand pressure without actual movement. Keep your head steady.

## Incorporating Neck Exercises into Your Workout Routine

Whatever option you choose, start with a **manageable level of resistance that allows you to train safely**. You don't need a ton of force to challenge your neck muscles. The point of isometric neck exercises is to hold your head in a neutral position for time. Time is the first variable to increase, not resistance.

Start by holding the exercise for **15 seconds**. Over time, increase the time up to **90 seconds** in small increments. Don't forget breathing normally during the hold, ideally through your nose.

Do **2 to 4 sets per exercise**. It is important that you train your neck in all four directions regularly, ideally once a week. You can easily implement them at the end of your workout.

When performing neck exercises, it is important to **maintain proper form and alignment**. Avoid any sudden or jerky movements and focus on engaging the targeted muscles.

## Fix Your Posture with Neck Strengthening Exercises

Strengthening your neck will also contribute to fixing forward head posture. But text neck is not an isolated problem. Oftentimes, your posture is disrupted from the bottom up. Therefore, focusing only on the neck will not solve the problem. To truly see change, you have to work on your whole body. Our 90-day posture improvement plan does exactly that.

Our promise is: [Improve your posture in 90 days or get your money back!](https://posture-labs.com/programs/improve-your-posture-in-90-days/)

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