

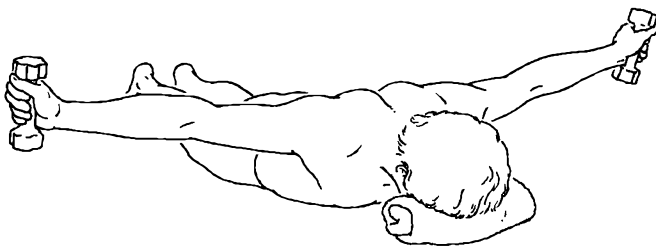


Neck Extension



On all fours, head lowered, slowly raise head and jut chin.
Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

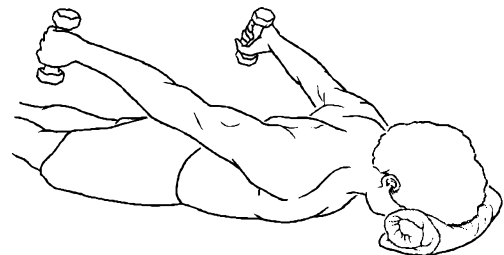
Scapular Stabilization (Prone)



Starting without using weights, raise both arms out from sides of your body while squeezing between your shoulder blades.. Keep your elbows straight. If this gets easy you can add some light dumbbells to increase resistance. You can also perform this off a bench for more range of motion.

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 65 Progressive Resisted: Extension (Prone)



Starting without using weights, raise both arms backwards while squeezing between your shoulder blades.. Keep your elbows straight. If this gets easy you can add some light dumbbells to increase resistance. You can also perform this off a bench for more range of motion.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

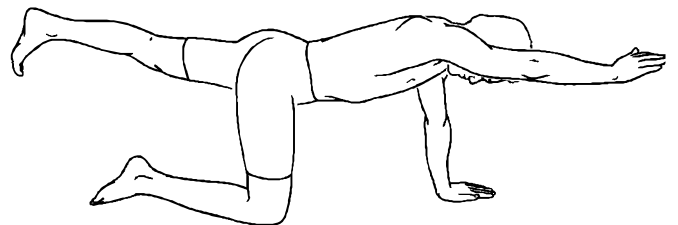
Back Extension (Prone)



Lift upper body and legs from floor. Do not arch neck.

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

Arm / Leg Extension: Alternate (All-Fours)



Raise right arm and opposite leg. Do not arch neck.

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.