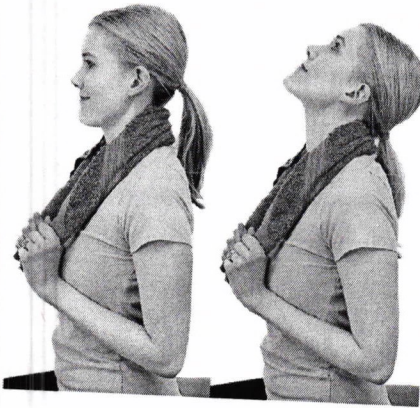


Bodwin, J

MBA# 1002542110

Total 2

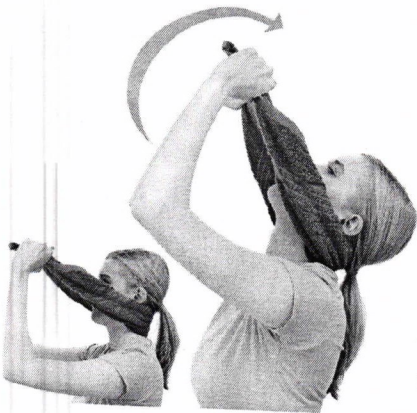


**CERVICAL EXTENSION WITH TOWEL -
CURVE OF NECK**

Start with a small hand towel wrapped around the curve of your neck and holding the ends of the towel forward as shown. Next, extend your neck back over the towel as to look up at the ceiling. Then, return to starting position.

Your hands should remain still and holding the ends of the towel the entire time.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



**CERVICAL EXTENSION WITH TOWEL
SUPPORT**

Start with a small hand towel wrapped around the base of your skull and holding the ends of the towel forward as shown. Next, perform a chin tuck and extend your neck back and upwards as if you are going to look up at the ceiling. Then, return to starting position.

Your hands should follow with your head during the movement.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day