

STRETCHING



NECK

Learn to stretch any muscle group in 3 or less simple exercises. Part of the "3 OR LESS" Complete Stretching Guide.



Instructions:

- Can be done standing or sitting
- Place your left hand on top of your head and gently pull towards the left side
- Pull the right hand down in the opposite direction until you feel a mild stretch in the side of the neck
- Take a deep breath while stretching
- Switch sides

Instructions:

- Can be done standing or sitting
- Interlock your fingers and extend both arms out as far as comfortably possible
- Take a deep breath while stretching



Instructions:

- Can be done standing or sitting
- Gently shrug your shoulders up
- Take a deep breath while stretching



• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

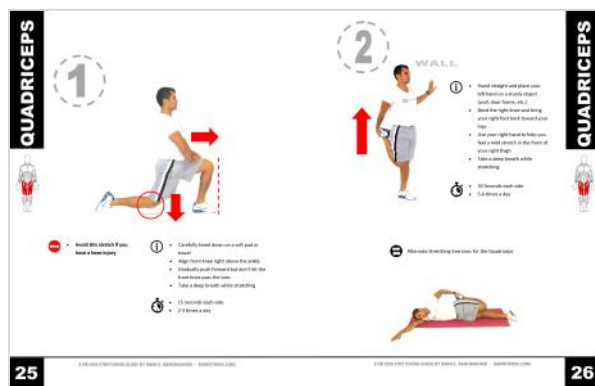


3 OR LESS eBook

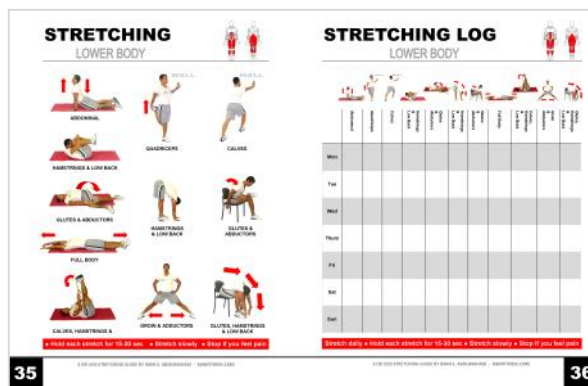
Stretching exercises and flexibility routines simplified!

Learn to stretch any muscle in 3 or less simple, easy-to-remember stretching exercises

- More Clear Pictures & Less Talk: Over 50 pages of clear stretching demonstrations and helpful tips.
- 4 Stretching routines with matching Logs to insure staying on track
- 12 Daily Special Stretches that no one should miss
- Blank Customizable Logs to help create the routine that best suits your goals
- Convenient eBook download. Available immediately and can be viewed on your PC, smart phone, or tablet.



Sample page



Sample page

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