

IMPOTANT INSTRUCTIONS FOR THE PROPER USE OF THE PRO-LORDOTIC NECK EXERCISER “THE STROOPS VERSION”

Prior to using the Pro-Lordotic Neck Exerciser, you should first place the exerciser behind your neck, grasp the handles and fully extend your arms out to your sides. See picture below.



Then move your extended arms forward to the front of your body and begin performing our “YouTube” video exercises. Go to www.youtube.com and type in Pro-Lordotic Neck Exerciser. Exercise video by Circular Traction Supply, Inc.

