



NECKSLEVEL ADVANCED REHAB PROTOCOL

STRENGTH AND MOBILITY



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Follow along with video guide

Completion Time: 10 minutes
(Perform 1-2 times per day)



1. Prone Rotation Stretch

2 minutes (30 reps left and right)

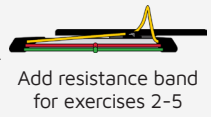
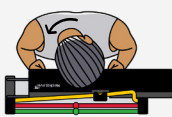


Place forehead on Glider, tuck chin, and move Glider by turning head left and right (move slowly, no hold).



2. Prone Resisted Rotation

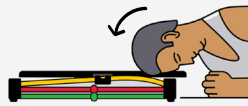
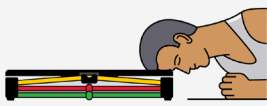
3 sets of 10 reps (left and right)



Slowly move the Glider left and right against the band resistance.

3. Neck Crunch

3 sets of 10 repetitions (3 second hold)



Place forehead on Glider. Tuck chin to pull in Glider, hold 3 seconds. Repeat.

Use the **MaxGrip Headband** to prevent head slippage:



4. Eccentrics

3 sets of 10 repetitions on each side



1. Lift head and move Glider to the side.



2. Release hand.



3. Slowly let the Glider win.

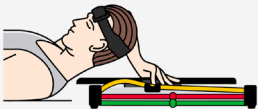


4. Turn head back to straight forward.
Repeat steps 3-4



5. Neck Traction

Enjoy this magical neck stretch for 2+ minutes



Lift head and pull Glider toward you a few inches. Slowly release hand and relax!

How to Progress

Level 1
Weeks 1-2



Level 2
Weeks 3+



Level 3
If Red gets easy!

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Levels 4-6



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