

# Neck and Upper Back Exercises



## CHIN RETRACTIONS

From a neutral posture, pull your **chin** straight backwards, in effect attempting to make a double chin. Hold the neck retraction or chin tuck position for **two to three (2-3) seconds**, then release your neck back towards neutral position. Do 3 sets of 10 repetitions.



## ROWS

Hinge forward until your torso is roughly parallel with the floor (or slightly above) and then begin the movement by driving the elbows behind the body while retracting the shoulder blades. Pull the band towards your belly button until it touches your body and then slowly lower the bar back to the starting position under control. Do 3 sets of 10 repetitions.



## I-T-Y COMPLEX

Lie on your stomach and extend your arms in front of you, forming the letter "I", with your thumbs toward the ceiling. Try to lift your arms by squeezing your shoulder blades together in back. They will not move much, but you should really feel that squeeze. Slowly lower your arms and repeat. Now form the letter "Y", with your thumbs still up toward the ceiling. All movement should be coming from the shoulder blades, and not just from movement of the shoulders. Form a "T" with your palms turned toward the floor.



## PUSH-UP PLUS

Begin in a pushup position. Brace your core and remain contracted throughout the entire exercise. Lower your body until your chest nearly touches the wall or floor without bending the arms all the way. Focus on squeezing between the shoulder blades. Pause, then push yourself back to the start. Do 3 sets of 10 repetitions.



## BENT ARM RETRACTIONS

Sit on a stability Ball and extend your arms in front of you, forming the letter "V", with your thumbs toward the back. Bring your arms back by squeezing your shoulder blades together in back.