

Neck and upper back mobility

Pray exercise

Lay on your back with your knees bent. Place your hands palm together and use 30 percent of your force push your hands together and hold for ten seconds.



Relax and bring your arms in a wide y shape out to the side and hold for 15 seconds.



Repeat both 5 times.

Figure 8 exercise

Sitting interlace your hands behind the back of your neck.





Then keeping your elbows together imagine the ends of your elbows are like a pen and you will draw a figure of 8 with your elbows with the top of the 8 being your start point (going down from that start point)







Do this once one way once in the other direction and repeat three times