INSTRUCTIONS:

• Squat down bending your knees and hips

• Flex your neck and look down

• Grab the back of your head with one hand

• While keeping your head down, slowly stand up

• You may feel a nice, easy stretch (may get a few tingles which is OK)

• Once you get a nice stretch, squat back down again

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day
INSTRUCTIONS:

• Lie on your back with arms spread out to the side for stability

• Kick your legs up and slowly roll upwards on the trunk

• Go as far as you are comfortable

• Be careful not to use too thick of a pillow which will put extra strain on your neck

• The idea of this exercise is to stretch the upper part of your trunk

• Gently roll forward and back to allow for a good stretch

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day
INSTRUCTIONS:

- Sit down with legs extended in front of you
- Fold a towel over the toes of one foot and flex your knee with your head tipped back
- Gently extend the leg out straight and, at the same time, flex your neck and look down at your knee
- You will feel a good stretch
- Do not hold
- Pull the leg up again and move your head back
- Repeat _____ times
- Repeat _____ sets
- Repeat _____ times per day
INSTRUCTIONS:

• Sit down with legs extended in front of you

• Fold a towel over the toes of one foot and flex your knee with your head flexed down

• Gently extend the leg out straight and, at the same time, extend your neck back and look up

• You will feel a good stretch

• Do not hold

• Pull the leg up again and move your head back down

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day
INSTRUCTIONS:

- Sit down with knees bent and both feet on the ground
- Clasp your arms behind your back and sit nice and tall
- Slouch your back and flex your neck down as far as you can
- Move back into an upright posture and bring your head back to straight
- Repeat _____ times
- Repeat _____ sets
- Repeat _____ times per day
Longsit Neck and Leg Slump

INSTRUCTIONS:

• Sit down with knees bent and both feet on the ground

• Clasp your arms behind your back and sit nice and tall

• Slouch your back and flex your neck down as far as you can

• Once you reach the end of your slouch and neck flexion, slide one leg down and extend it as far as you are comfortable

• Reverse the process by sliding the foot back, bending the knee, sitting upright and bringing your head up

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day
INSTRUCTIONS:

• Sit down with knees bent and both feet on the ground

• Clasp your arms behind your back and sit nice and tall

• Slouch your back and flex your neck down as far as you can

• Once you reach the end of your slouch and neck flexion, slide one leg down and extend it as far as you are comfortable

• Slide the other leg down as well

• Reverse the process by sliding the feet back one at a time, sitting upright and bringing your head up

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day
INSTRUCTIONS:

• Sit on the edge of a table or chair

• Grab behind your knee and slowly extend your leg

• As you extend your leg, tip your head forward and look down

• You will feel a good stretch, do not hold

• Once you get a good stretch, flex the knee down again and tip the head back up

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day

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INSTRUCTIONS:

• Sit on the edge of a table or chair

• Grab behind your knee and slowly extend your leg

• As you extend your leg, tip your head back and look up

• Extend the knee as far as you can, do not hold

• Once you get a good stretch, flex the knee down again and tip the head back up

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day