

neck & shoulders

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.



shoulder rotations



side shoulder stretch



cross shoulder stretch



tricep stretch



overhead shoulder stretch

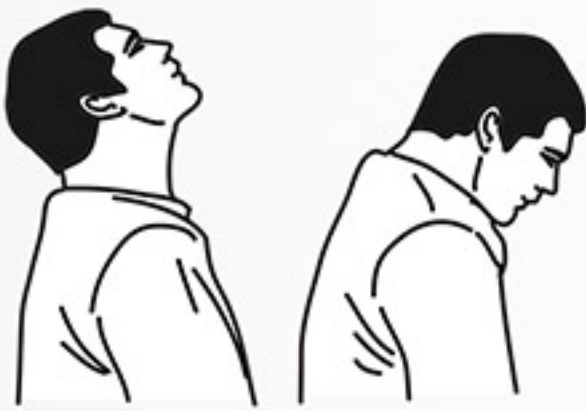


up and down neck stretch

neck mobility

DAREBEE WORKOUT @ darebee.com

10 repetitions each exercise.



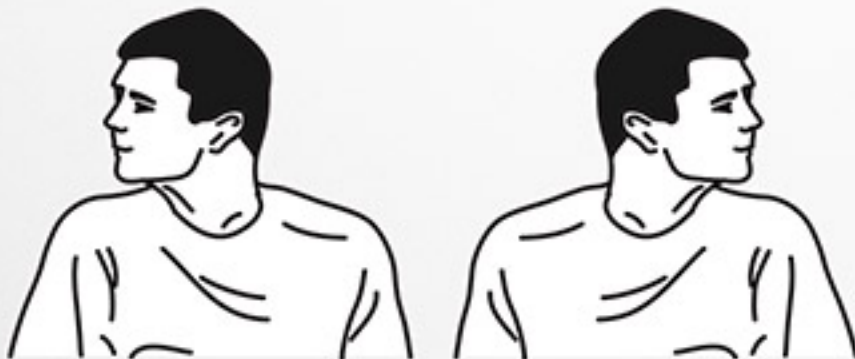
back and forth tilts



side-to-side tilts



neck rotations



side-to-side head turns



shrugs

NECK

DAREBEE WORKOUT

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3 sets | 2 minutes rest

IN COLLABORATION WITH

NHS choices



10 back and forth tilts



10 side-to-side tilts



10 neck rotations



10-count press

10-count press



10-count alternating side press



10-count alternating chin press

sore neck

DAREBEE WORKOUT © darebee.com
20 seconds each exercise.



side-to-side turns



up & down nods



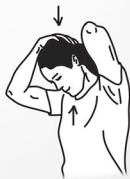
side-to-side tilts



head back



side stretch
(resistance)



forward stretch
(resistance)

stiff **neck**

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.



neck massage



up and down rows



opposite rows



shoulder massage



grip slides



side-to-side tilts