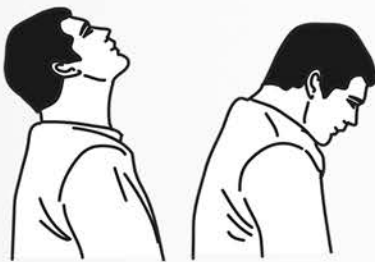


neck mobility

DAREBEE WORKOUT @ darebee.com

10 repetitions each exercise.



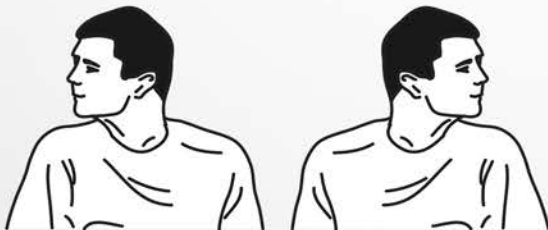
back and forth tilts



side-to-side tilts



neck rotations



side-to-side head turns



shrugs