

stiff neck

DAREBEE WORKOUT @ darebee.com

20 seconds each exercise.



neck massage



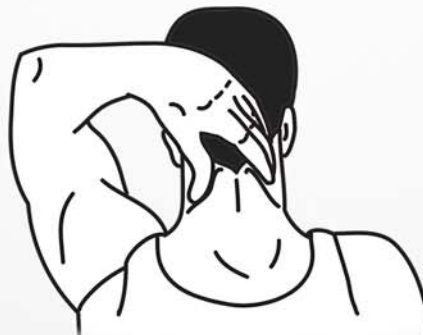
up and down rows



opposite rows



shoulder massage



grip slides



side-to-side tilts