

NECK

DAREBEE WORKOUT

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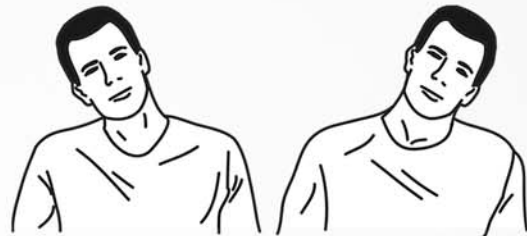
3 sets | 2 minutes rest

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

