

# sore neck

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

Repeat exercises #1-3 **6 times**.

Count to 10 while holding each stretch (for each side).



side-to-side turns



up & down nods



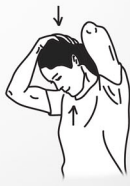
side-to-side tilts



head back stretch



side stretch  
(resistance)



forward stretch  
(resistance)