

## Neck Class Exercises

### Exercise 1: Shoulder Press (with weight)



Stand tall and hold weights in each hand at shoulder height.

With one arm, press the weight towards the ceiling.

Alternate arms each time.

+ To make this harder, increase the weight you are using or increase the speed of the movement.

- To make this easier, perform the exercise without the weight.

### Exercise 2: Lawn Mower (with weight)



Stand with one foot forwards and hold a weight in your hand. Bend your front knee.

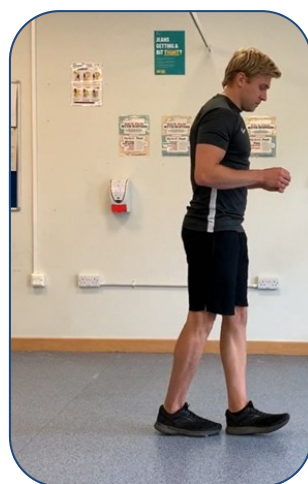
Rotate your upper back, turn your head and bring your elbow towards the ceiling.

Repeat 5 times and alternate arms.

+ To make this harder, increase the weight you are using or increase the speed of the movement.

- To make this easier, perform the exercise without the weight.

### Exercise 3: Tandem Walking



Stand with space in front of you to walk in to.

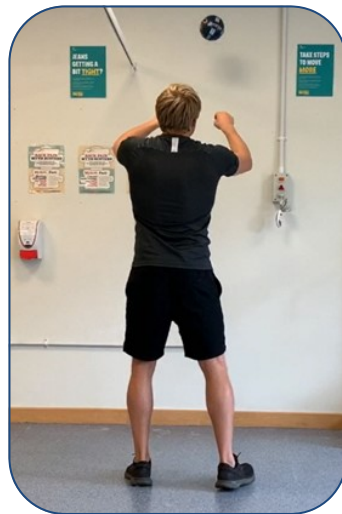
Walk in a straight line. As you step, the heel of your front foot should be in front the toes on your back foot.

+ To make this harder, increase the speed of your walking or look from side to side as you walk.

- To make this easier, hold on to a rail or stable surface as you perform the exercise.

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### Exercise 4: Throw and Catch (against a wall)



Stand facing a wall holding a small ball.

Throw the ball against a wall and catch.

Try to vary the position you throw the ball against the wall.

+ To make this harder, increase the speed of the movement or perform the exercise with one arm.

- To make this easier, throw and catch the ball without using a wall.

### Exercise 5: Lunge (with arm raise)



Take a step forward and bend the front knee. Raise the opposite arm above your head as you step.

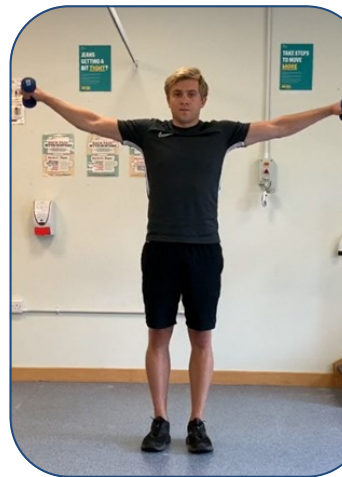
Stand back up by pushing through your heel and bring your front foot back to the starting position.

Alternate arm and leg each time.

+ To make this harder, hold a weight in each hand or add a head turn on each step.

- To make this easier, hold a stable surface.

### Exercise 6: Lateral Raise



Stand still with arms by your sides. Hold a weight in each hand.

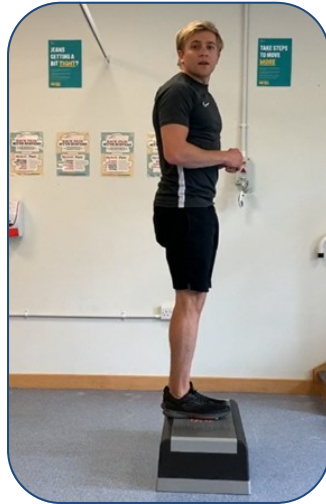
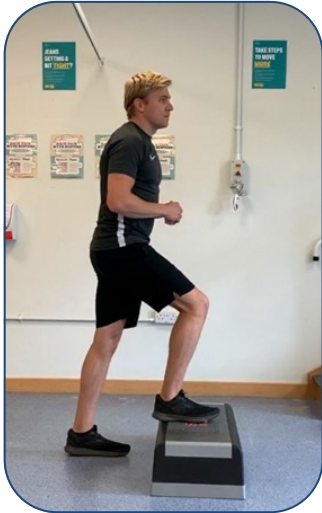
Lift your arms to the side, to shoulder height. Keep your elbows straight and palms facing down.

+ To make this harder, increase the weight you are using.

- To make this easier, perform the exercise with your elbows bent or without the weight.

## Neck Class Exercises

### Exercise 7: Step Up (with head turn)



Stand tall behind a step.

Place your whole foot on the step and step up.  
Turn your head to one side at the same time.

Step down slowly and with control.

Alternate which foot steps up and the direction you turn your head each time.

+ To make this harder, lift your knee and/or your opposite arm as you step up.

- To make this easier, hold a rail or stable surface for support.

### Exercise 8: Press Up (on knees)



Start on your hands and knees with hands shoulder width apart.

Lower your chest towards the floor.

Return to the starting position, pushing up through your hands.

+ To make this harder, perform the exercise with your legs straight behind you.

- To make this easier, perform the exercise against a wall.

### Exercise 9: Cat and Camel



Start on your hands and knees with hands shoulder width apart.

Bring your chin to your chest, arch your back upwards and tuck your tailbone under.

Look upwards, arch your back down and stick your tailbone out behind you.

+ To make this harder, bring your elbow and opposite knee together. Straighten the arm and leg as you look upwards.

- To make this easier, perform the same movement whilst sitting on a chair.

## Neck Class Exercises

### Exercise 10: Squat (with weight)



Stand tall with your feet shoulder width apart and your weight even on both feet.

Hold a weight in front of you.

Squat down by sitting back.

Push back up through the heels, slowly and with control.

+ To make this harder, lift the weight in front of you as you squat down.

- To make this easier, perform the exercise without a weight.

**Perform each exercise for 1 minute.**

**Once you have completed all 10 exercises, you may rest for 2—3 minutes and then repeat the circuit if you are able to.**

**Exercise guidelines recommend that you should aim to do 150 minutes of moderate intensity exercise per week.**

**This is exercise which gets you warm and out of breath.**

*\*\*\* Participation Disclaimer \*\*\**

*By performing any fitness programme without supervision, you are doing so at your own risk.*

*To reduce the risk of injury, you should check with your doctor or physiotherapist before beginning any fitness programme.*