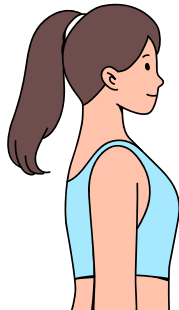


# 20 TECH NECK EXERCISES



**CHIN TUCKS**



**SHOULDER ROLLS**



**NECK TILTS**



**NECK ROTATIONS**



**UPPER TRAP STRETCH**



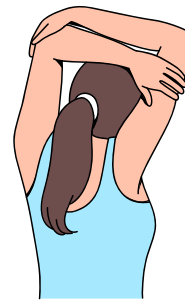
**WALL ANGELS**



**CAT COW STRETCH**



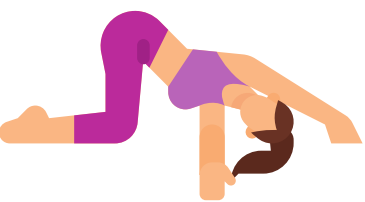
**CHEST STRETCH**



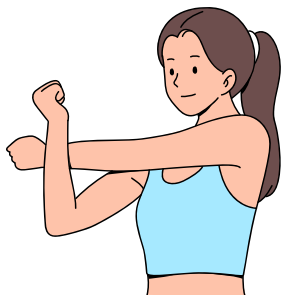
**SCAPULAR SQUEEZES**



**LEVATOR SCAPULAE STRETCH**



**THREAD THE NEEDLE**



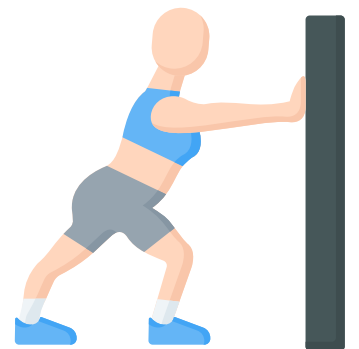
**CORNER STRETCH**



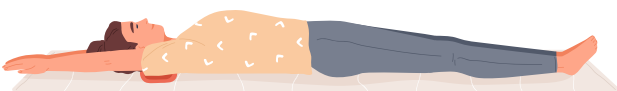
**DOORWAY ROWS**



**ARM ACROSS CHEST STRETCH**



**FOREARM WALL STRETCH**



**PEC MINOR STRETCH**



**NECK RETRACTIONS W/RESISTANCE**



**Y RAISES**



**POSTURE CHECK**

**TECH NECK IS A REAL THING, AND LUCKILY, IT'S TOTALLY FIXABLE WITH A FEW SIMPLE HABITS AND SOME HELPFUL EXERCISES!**