



TECH NECK EXERCISE *checklist*

	EXERCISE	DONE
01	Chin Tucks	☐
02	Shoulder Rolls	☐
03	Neck Tilts	☐
04	Neck Rotations	☐
05	Wall Angels	☐
06	Cat Cow Stretch	☐
07	Chest Stretch	☐
08	Upper Trap Stretch	☐
09	Levator scapulae stretch	☐
10	Thread the needle	☐
11	Corner stretch	☐
12	Doorway rows	☐
13	Arm across chest stretch	☐
14	Forearm wall stretch	☐
15	Pec minor stretch	☐
16	neck retractions with resistance	☐
17	Y raises	☐
18	Chin nods	☐
19	Posture checks	☐
20	Scapular Squeezes	☐