



Program built for diagnosis:

Neck Pain/Headaches

Lenth Level 1

2-4 weeks

Purpose/Goal

Ease neck tension and improve mobility

Part 1

1 -2 weeks

Day 1

Full recovery

Day 2

Neck mobility

Day 3

Back activation

Day 4

Full recovery

Day 5

Shoulder
activation

Day 6

Full recovery

Day 7

Full recovery

Part 2

1 -2 weeks

Day 1

Active recovery

Day 2

Plow

Day 3

dolphin or
bound angle

Day 4

Full recovery

Day 5

Row

Day 6

Dolphin or
Bound Angle

Day 7

Full recovery

Program Recommendations

Repeat until pain is max
0-3/10 and you can perform
most movements without
issues

Live Classes

No

Recovery

No recovery time needed
when you are ready to
progress to the next level
pre-built program

Tips

If you are having increasing
neck pain, watch your
shoulders! Keep them away
from your ears.

LEVEL 1 NECK