



Program built for diagnosis:

Neck Pain/Headaches

Lenth Level 1

4-6 weeks

Purpose/Goal

Building depth of range of motion in the neck and shoulder awareness

Part 1

Day 1

Active recovery

Day 2

Plow

Day 3

Dolphin or
Bound Angle

Day 4

Your Choice

Day 5

Row

Day 6

Dolphin or
Bound Angle

Day 7

Full recovery

Program Recommendations

You should not have pain in the neck when you finish this program. DO NOT PROGRESS to the next level if you do.

Live Classes

No

Recovery

No

Tips

Your choice day: any level, live class, outside work, recovery.

LEVEL 2 NECK