



Program built for diagnosis:

Neck Pain/Headaches

Lenth Level 1

6-8 weeks

Purpose/Goal

Neck, upper back and shoulder strength

Part 1

Day 1

Crow

Day 2

Active recovery

Day 3

L3 back
Strength

Day 4

Your Choice

Day 5

Shoulderstand

Day 6

Crow or
L3 Back Strength

Day 7

Full recovery

Program Recommendations

None

Live Classes

Yes!!

Recovery

Yes: 2 week break before leveling up or repeating the cycle. Use lower level classes or other low impact movement

Tips

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