



Program built for diagnosis:

Neck Pain/Headaches

Lenth Level 1

4 weeks

Purpose/Goal

Use the strength and skill you have developed to challenge your fitness

Part 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Active Recovery	Live Class	Your Choice	Live Class	Live Class	L4 class in Neck section	Full recovery

Program Recommendations

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

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

none

