



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

Active  
Recovery

Day 2

Live Class

Day 3

Your Choice

Day 4

Live Class

Day 5

Live Class

Day 6

L4 class in  
Neck section

Day 7

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