Neck Strength Workout Instructions

Workout 1

Incline Trap Raise Bend at your waist so your torso is at a 45-degree angle and extend your arms below your shoulders. Keeping your elbows straight and back flat, raise your arms forward with your thumbs up until they form a straight line with your torso; hold for one count. Slowly lower to the starting position and repeat for the specified number of reps.
Standing Isometric Extension and Flexion Hold Stand with your feet hip-width apart. Have a partner place his or her hand on the back of your head and gently apply pressure forward. Engage your neck muscles to resist this pressure and keep your head in a neutral position for the specified duration. Repeat with your partner's hand on the front of your forehead, gently pushing back against your head.
Batwing Row Bend at your waist so your torso is at a 45-degree angle, bend your elbows to 90 degrees and tuck them into your sides. Position your palms up with your thumbs pointing out. Pull your shoulders back and rotate your arms to the side until your forearms are parallel to the ground and your thumbs point up; hold for one count. Slowly lower to the starting position and repeat for the specified number of reps.
Isometric Lateral Flexion Hold (Right/Left) Stand with your feet hip-width apart. Have a partner place his or her hand on the right side of your head to gently apply pressure. Engage your neck muscles to resist this pressure and keep your head in a neutral position for the specified duration. Repeat with your partner's hand on the left side of your head.
Serratus Anterior Push-Ups Assume a push-up position. Perform a Push-Up. At the top of the movement, push your shoulders down and the middle of your back upward to press your body as far away from the ground as possible. Repeat for the specified number of reps.

Workout 2

Incline Prone Shrug Bend at your waist so your torso is at a 45-degree angle and extend your arms below your shoulders. Keeping your back straight, pull your shoulders backward and down toward your hips; hold for one count. Slowly return your shoulder to the starting position and repeat for the specified number of reps.
Manual Flexion, Extension and Protrusion Stand with your feet hip-width apart and have a partner place a hand on your forehead. Flex your neck forward (flexion) against your partner's resistance until your chin reaches your chest then slowly return to the start position. Repeat for the specified number of reps. Repeat with your partner's hand on the back of your head and extend your neck backward (extension). Then, have your partner place his or her hand on your forehead while you push your head straight out against the resistance (protrusion).
Powell Raise Lie on your side with your elbow underneath your body, your knees bent and your top arm straight in front of your chest. Swing your top upward in an arc to reach a vertical position; hold for one count. Slowly lower to the starting position and repeat for the specified number of reps.
Manual Lateral Flexion (Right/Left) Stand with your feet hip-width apart. Have a partner place a hand on the right side of your head. Flex your neck to the right against your partner's resistance to bring your ear towards your shoulder. Return the start position slowly and repeat for the specified number of reps. Repeat the exercise on the left side.