

Neck 'sit ups' – for strengthening core neck strength:



Aim: to exercise muscles at front of neck (underneath/around your throat).

Method: lying on a firm surface (i.e. preferably not the bed) make sure head is in line with shoulders. Tuck chin into neck **almost** blocking your wind pipe (of course don't completely block wind pipe!). Hold that position throughout rest of action! Then slowly raise your head so you are looking down at your feet, keeping chin tucked in, then slowly lower your head back down again, **again** keeping chin tucked in to neck. You should feel the muscles ache/ work under your chin around your throat!

Reps: _____

Sets: _____