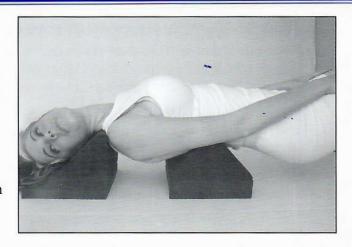
## Advanced Neck Fulcrum Exercises

Using The CD Fulcrum and 1" Lifter, Perform warm-up exercises, **one** each of LD 1-6, CD 1-5 as permanent warm-ups prior to performing exercises. Add 2" lifter to LD Fulcrum before performing CD 6-8. Start with 5 repetitions and increase to 10 within three days.

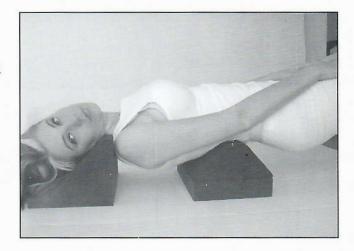
## ♦ EXERCISE SIX (CD-6)

- 1. Neck in neutral position over fulcrum with 1" lifter.
- 2. Low back over fulcrum with 2" lifter.
- 3. Knees bent, feet 16" apart.
- 4. Hands on top of thighs.
- 5. With hands pressing on middle of thighs, raise the buttocks.
- 6. Rotate the head to the right and then to the left without stopping, with smooth, fluid motions. Each turn left to right is one repetition.



## ♦ EXERCISE SEVEN (CD-7)

- 1. Neck in neutral position over fulcrum with 1" lifter.
- 2. Low back over fulcrum with 2" lifter.
- 3. Knees bent, feet 16" apart.
- 4. With hands pressing on middle of thighs, raise the buttocks.
- 5. Turn the head to the left as if to touch the left ear to the left shoulder.
- 6. WITHOUT STOPPING, turn your head to the right as if to touch right ear to right shoulder. Each turn left to right is **one** repetition.



## ♦ EXERCISE EIGHT (CD8)

- 1. Neck in neutral position over fulcrum with 1" lifter.
- 2. Use low back fulcrum with 2" lifter.
- 3. Knees bent, feet 16" apart.
- 4. Bend knees.
- 5. Push head down toward the floor over the CD Fulcrum, bringing knees to the chest.
- 6. Raise and rock the buttocks over the fulcrum. Lower the legs and repeat.
- 7. Perform same exercise by grasping knees (as shown) with both hands and pushing head toward floor while raising and rocking buttocks over the fulcrum.

