

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 (CD-8)

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.

