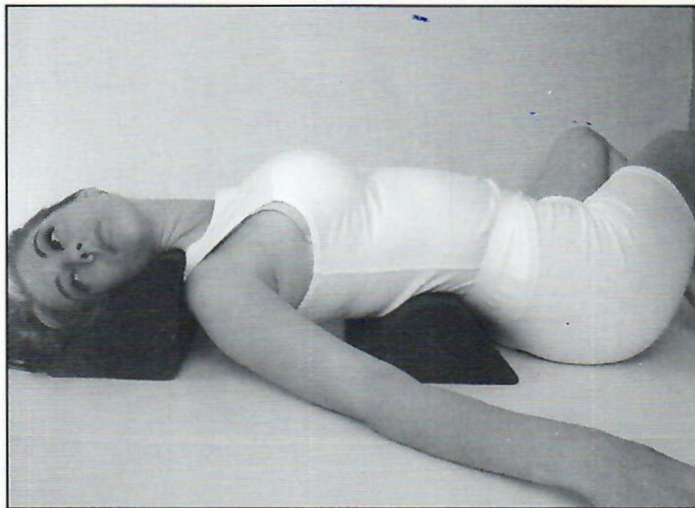


Intermediate Neck Fulcrum Exercises

◆ EXERCISE FOUR (CD4)

1. Arms at sides or extended out.
2. Knees bent, feet 16" apart.
3. Rotate head to the right without bending or raising the neck.
4. Turn knees and legs to the left.
5. With a smooth, fluid motion, turn head to the left, legs to the right, repeat and alternate head to the right and legs to the left.



◆ EXERCISE FIVE (CD-5)

1. Knees bent, feet 16" apart.
2. Arms in position to grasp knee.
3. Lift right leg up, grasp right knee.
4. Push head backward and toward floor over fulcrum.
5. Pull the right leg toward chest until buttock rises and rocks over LD Fulcrum.
6. Repeat with left leg.

