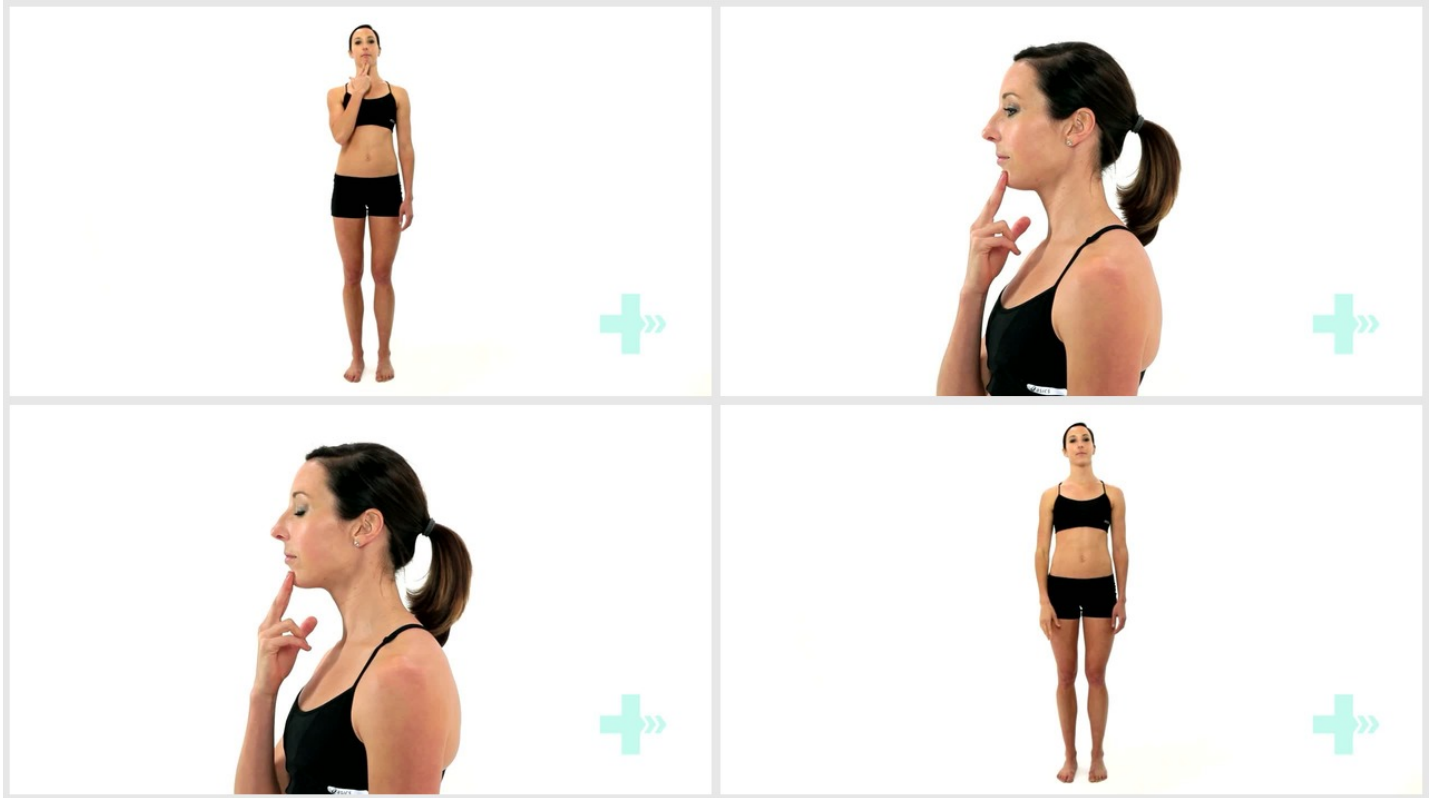


Flex Physiotherapy Elite Allied Healthcare
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1. Chin tuck

3 Sets / 10 Reps / 15 s hold



Stand straight, looking ahead, and place two fingers on your chin.
Push your chin so that your head goes straight back, lengthening through the back of your neck, and keeping your eyes forwards.
Hold, and then relax.