### Chin tucks
- Draw chin back (make a double chin)
- Lengthen back of neck
- Hold for 5 sec
- Repeat 3 times

**AIM:** stretch upper cervical joints

### Upper trapezius stretch
- Lower shoulder
- Tilt ear to the opposite shoulder
- Hold for 20 sec
- Repeat 3 times each side

**AIM:** stretch upper trapezius

### Levator scapula stretch
- Lower shoulder
- Tilt chin to opposite armpit
- Hold for 20 sec
- Repeat 3 times each side

**AIM:** stretch levator scapula

### Pectoral stretch
- Interlace fingers at the back
- Pull hands down and back
- Hold for 20 sec
- Repeat 3 times

**AIM:** stretch pectoral muscles

### Chest drop
- Hang onto stable front support
- Lean forward and let chest drop towards ground
- Hold for 10 sec
- Repeat 5 times

**AIM:** improve thoracic extension

### Thoracic rotation stretch
- Sit on chair and cross legs
- Twist and look over shoulder
- Hold for 10 sec
- Repeat 3 times each side

**AIM:** improve thoracic rotation

### Back extension stretch
- Stand and place hands in lower back
- Extend back over hands
- Hold for 10 sec
- Repeat 3 times

**AIM:** improve lower back flexibility

### Shoulder shrugs
- Roll shoulders up to ears and forwards
- Repeat 5 times
- Roll shoulders up to ears and backwards
- Repeat 5 times

**AIM:** reduce tension in neck