



Neck, Shoulder & Back Stretches

NECK STRETCHES

Trapezius Stretch

Take your left ear to your left shoulder. Hold gently for 10 seconds. Repeat both sides.



Trapezius stretch 2

Take your left ear to your left shoulder. Apply some extra pressure with your hand. Hold gently for 10 seconds. Repeat both sides.



Posterior Neck Stretch

Take your chin down towards your chest. Hold gently for 10 seconds.



Neck Rotation

Turn your head to look over your shoulder until you feel a gentle stretch. Hold for 10 seconds



Isometric Strengthening

Push your head forwards against the resistance of your own hand. Hold 10seconds, Repeat 3 times



Isometric Strengthening

Push your head sideways against the resistance of your own hand. Hold 10 seconds, repeat 3 times



Combination Stretch

Pull on your left arm with your right hand. Tilt your head back and away from left shoulder. Hold 10 seconds, repeat other side.



Deep neck muscle strengthening

Lying on your back, gently tuck your chin down towards your chest, hold for 7 seconds. Repeat 3 times



SHOULDER, NECK, & BACK STRETCHES

Shoulder & Lower Back Stretch: Hook the Zen Ring to your elbow and twist your body while grasping the opposite forearm. (Left and Right for 5~8 times each.)



Smooth Shoulder Blades Movements: Hook Zen Ring to your elbow grasping the opposite forearm, and slowly pull your elbow up. (Left and Right for 5~8 times each.)



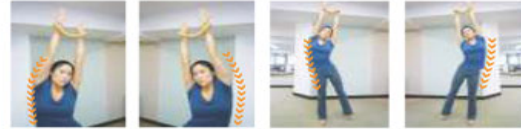
Back Shape Up: Hold the ring overhead with both hands, open your chest and pull Zen Ring down behind your neck.



Back/Chest Stretch: Put Zen Ring behind your neck; with deep exhale bend your neck forward and move your elbows towards each other.



Side Body Stretch (Total Body shape up): Insert your wrists into Zen Ring, hold it overhead and move your hip and torso in opposite direction to the left and then right as shown. (Stay on each side for 10 seconds)



Back and Lower Back Spiral Stretch: Insert your wrists into Zen Ring and bend to your body to the left and then right as shown (with Deep breathing 2~3 times)



Back Shape Up/Chest and Sides Stretch: Insert your wrists into the Zen Ring opening with palms facing each other, pull back shoulder blades closer to each other, stretch your neck to the left and then to right.



Waist Shape Up: Insert your wrists into Zen Ring convex opening with the palms facing outwards, open your fingers and twist your arms over each other and bent to the left and then to right as shown. (8~16 times)



Pinky Side Wrist Stretch: Hold Zen Ring with your palms facing yourself, while straightening your arms twist your palms outward, push your pinkies upward. (Keep 10 seconds)



Neck Twist (Effective on Neck age lines): From the Pinky Side Wrist Stretch, lean your neck sideways and twist. (Keep 10 seconds)



Back/Lower Back Stretch (2 Zen Rings): Place Zen Ring 1 convex between your upper or lower back and a chair, use Pinky side Wrist Stretch to relax back/lower back.



Sides of Back/Lower Back Twist Stretch (2 Zen Rings): Put Zen Ring 1 convex between your lower back and a chair, twist wrists inwards and twist your body sideways. (20 seconds each)



Shoulder/Chest Stretch (For Graceful Posture): Bend on the floor while seated, Place Zen Ring on the floor, Push Zen Ring concave with each hand slowly to the left and right with your palms. (Deep breathe 2~3 times)



Shoulder/Under Arm Relaxation: Place Zen Ring convex under your arm pit and sway your body over the ring while straightening your arms. (10~20 seconds each arm)

