

# Neck Exercise

[www.kubilaymuratozdener.com](http://www.kubilaymuratozdener.com)



**Bending backward and forward**



**Bending to the side**



**Turning right /left**



**Pressing backward and forward**



**Pressing to the side**



**Pressing the chin**

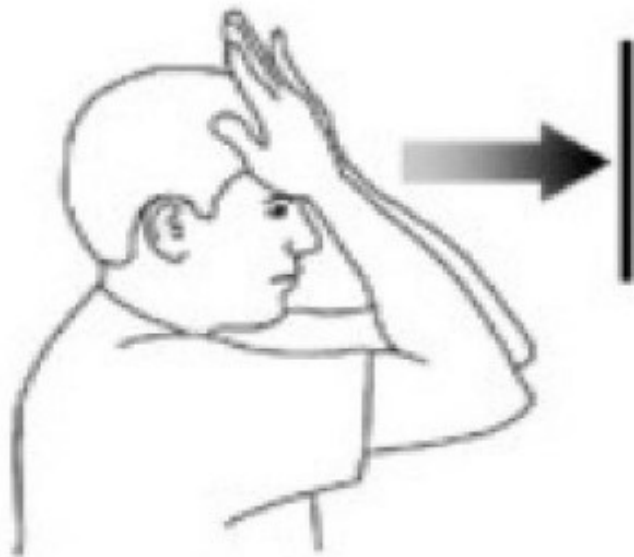
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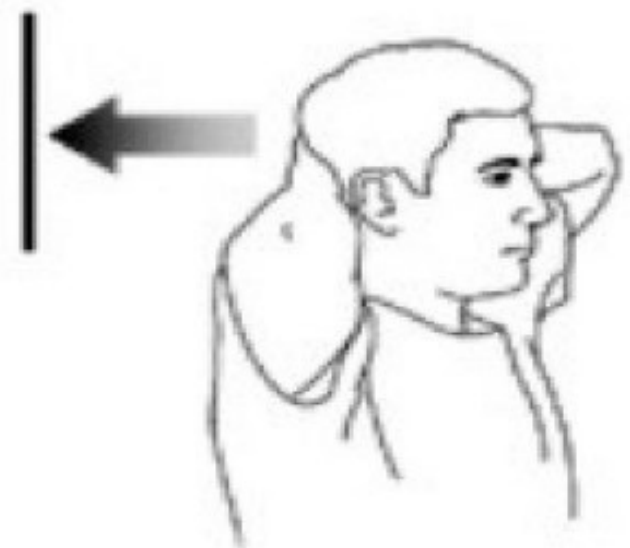
Push to the Right



Push to the Left



Push Forward



Push Backward