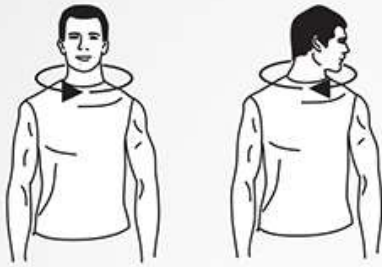


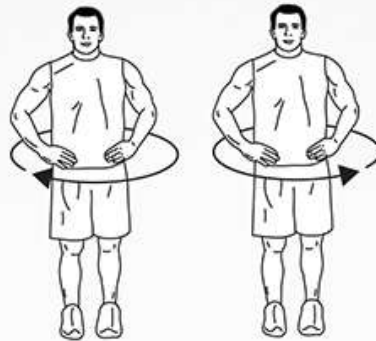
warmup

DAREBEE © darebee.com

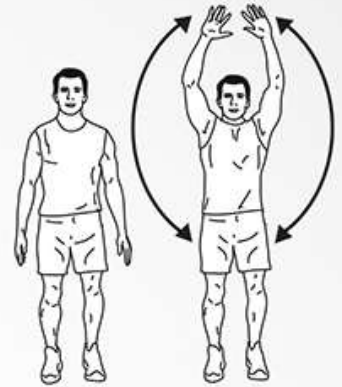
10 reps each



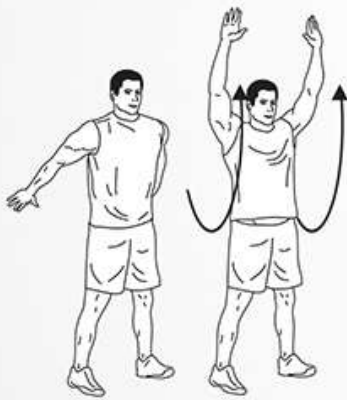
neck rotations



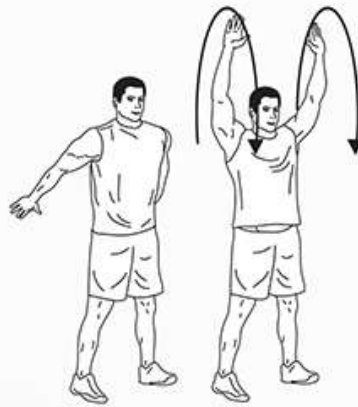
hip rotations



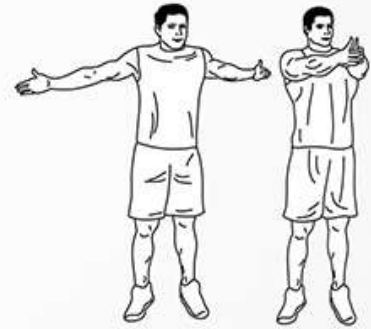
side arm raises



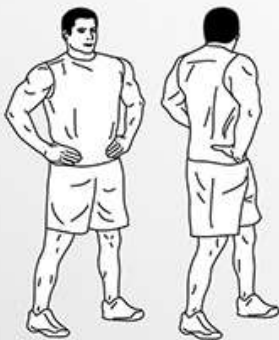
arm rotations



arm rotations



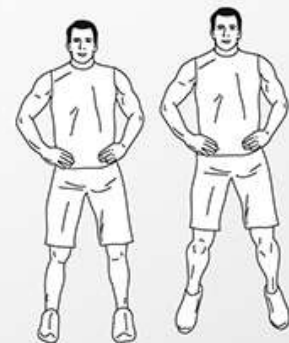
dynamic chest



mid back turns



single leg hip rotations



hops on the spot

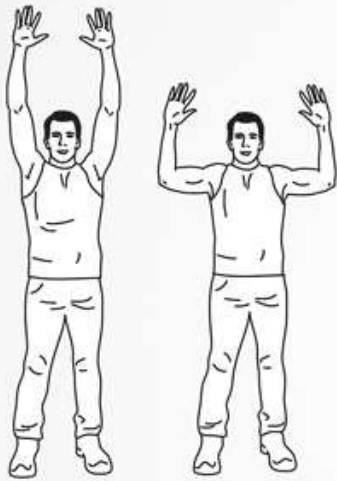
upperbody mobility

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repeat 3 times

1 minute rest



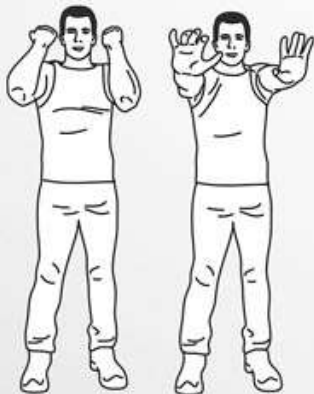
20 W-extensions



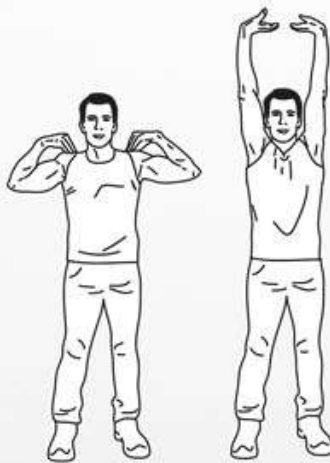
20 elbow clicks



20 elbows together rotations



20 bicep extensions



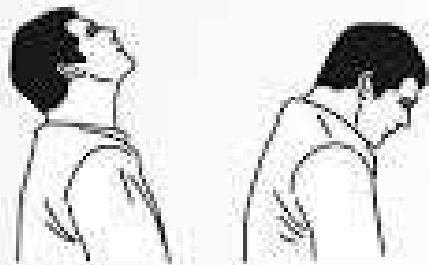
20 shoulder taps



20 elbow rotations

NECK PAIN & TENSION RELIEF

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3 sets | up to 2 minutes rest between sets



10 back and forth tilts



10 side-to-side tilts



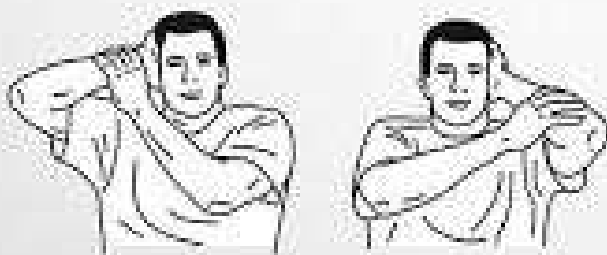
10 neck rotations



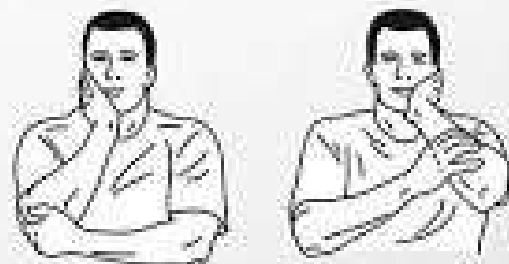
10-count press



10-count press



10-count alternating side press



10-count alternating chin press

RECOVERY WORKOUT

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30 low side leg raises (right)

6 hip rotations (right)

30 low side leg raises (left)

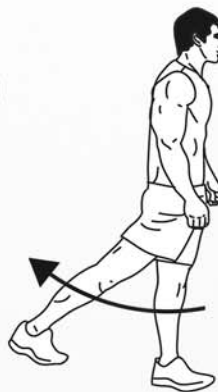
6 hip rotations (left)

30 straight leg back swings (right leg)

6 hip rotations (right)

30 straight leg back swings (left leg)

6 hip rotations (left)



6 back and forth tilts

6 side-to-side tilts

6 neck rotations (3/3)