

Neck Strengthening Strap Instructions

Attach the strap to helmet face mask



Loop the strap around the bottom bar of the face mask. Pull one end of the strap through the other. Cinch the strap tightly around the face mask.

Exercise #1—Neck Flexion



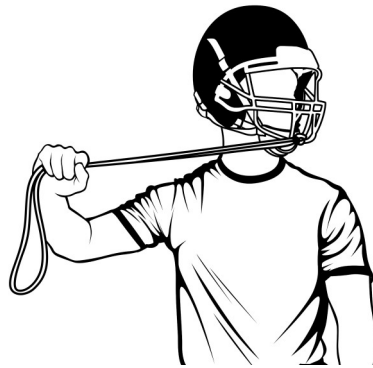
Lift the strap above your head until tension is felt. Flex your head down against the resistance and slowly return to the starting position. Perform 8-10 repetitions.

Exercise #2—Neck Extension



Pull the strap down until tension is felt. Extend your head up against the resistance and slowly return to the starting position. Perform 8-10 repetitions.

Exercise #3—Neck Left & Right Rotation



Pull the strap to your right until tension is felt. Rotate your head to the left against the resistance and slowly return to the starting position. Perform 8-10 repetitions. Repeat in the opposite direction.

Attach the strap to helmet ear hole



Loop the strap through the ear hole of the helmet. Pull one end of the strap through the other. Cinch the strap tightly around the ear hole.

Exercise #4—Neck Right & Left Sidebend



Pull the strap down until tension is felt. Sidebend your head to the right against the resistance and slowly return to the starting position. Perform 8-10 repetitions. Switch ear holes and repeat in the opposite direction.

Instructional videos demonstrating how to perform the above neck strengthening exercises are available at www.neckstrengtheningstrap.com.

WARNING

The neck strengthening strap and the above exercises are intended to be used for neck strengthening with a properly fitted protective sports helmet ONLY. Do not use the neck strengthening strap for any other purposes.