



- Start with upright posture; shoulders are open.
- Check body is loose and relaxed.
- Focus (visualize your fatty neck hump)
- Turn right & left (5-10 reps)
- Bend right & left (5-10 reps)
- Now turn & push (10 reps)
- Now bend & pull (10 reps)
- Do the exercise while watching the video several times to perfect your technique.