



Tennis Watcher

Target: neck muscles

You can also try this stretch standing with proper posture.

STARTING POSITION: Sit with proper posture in a stable chair.

1. While inhaling slowly through your nose, look to your left as far as you can without feeling discomfort. Exhale slowly through your lips and hold this position for a moment, feeling the stretch.
2. Now inhale slowly through your nose and look slowly to the right. Exhale slowly through your lips and hold this position for a moment, feeling the stretch.

Repeat as desired.

