



CAUTION: A strong, flexible neck is important for good posture and almost any athletic activity. However, the neck is a fairly delicate structure and can be prone to injury so it is highly advisable that you perform these neck exercises only after consulting your doctor, especially if you previously have suffered any injury involving the neck.

As a general rule, any exercises involving the neck should be performed slowly and with extreme control. Do not pull your head with the Athletic Gym Towel™! Instead, steadily move your arms and hands together with your head so that you constantly provide your head a slight resistance for it to push against while using your neck muscles. Only apply a very light tension during these exercises.

Your neck may readily respond to training, so try 2-3 sets of the following exercises 1 or 2 times per week.

Neck Extension (Back of Neck)

Place the towel securely behind your head and grasp the handgrips in front. Bend forward slightly and lower your head, then allowing only very light tension to be applied from your head, push your head up against the resistance until your head is in an upward position. To keep continual tension on your neck, keep your hands in a position stationary with your line-of-site (your hands will move up along with your head). Do not hyperextend your neck. Lower again and repeat 8-12 repetitions for one set.



Neck Flexion (Front of the Neck), (Not illustrated)

Lie back on a bed or bench with your head horizontal but overhanging the edge. Slowly lower your head back slightly and then raise it, rolling your head up so that your chin comes in close proximity to your chest. Slowly return to the starting position for one repetition. Perform 8-12 repetitions for one set using only the weight of your head for resistance.

Lateral Flexion (Sides of the Neck)



Loop the towel comfortably around the left side of your head and grasp the ends together with your right hand over your right shoulder. Tilt your head slowly to the right side, pause for the stretch and bring it back to the vertical position, and then, by pushing, and resisting very lightly with the towel, slowly bend your head to the left side – pause – and then back to vertical for one repetition. Follow your head movements with your right hand as illustrated. Repeat for 8-12 repetitions on each side for one set. Make sure you are well balanced for this exercise. You may find that performing this stretching exercise is more comfortable sitting down or standing while holding onto a sturdy object for support.

This is just one small body-part excerpt from the 25-page no-nonsense, information packed Athletic Gym Towel Workout.

The entire book contains over fifty strength and flexibility enhancing exercises to work out every part of your body (including the back, chest, arms, legs, shoulders, and abs) along with 20 different sample workout routines (sports specific, upper body, lower body, fast full-body energizers, etc.) and advanced weight training enhancements: all with nothing more than a towel – the perfect home/travel fitness solution! These exercises can be performed with a regular towel you find at home or in any hotel room, or they can be performed with the Athletic Gym Towel™ -- a specially designed dual-purpose gym towel and exercise aid that has a uniquely designed adjustable gripping system to help you get the most out of this highly beneficial exercising system. The unique design and features of the Athletic Gym Towel are UK patented (other patents pending). The book will show you how to make one for your own use.

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Download The Athletic Gym Towel Workout for only \$14.95 at www.gymtowelworkout.com.