

# Neck Mobility Exercises (For Bench Work & Dismobility Relief)

## 1. Adam's Apple Glide (Front-to-Back Throat Glide)

- Sit tall with relaxed shoulders.
- Place two fingers lightly on your Adam's apple.
- Without lifting your chin, glide your head straight back (gentle double chin).
- Glide forward again—do not look down, just forward.
- Repeat 10–15 times.

## 2. Ear-to-Shoulder Stretch

- Sit tall.
- Lower your right ear toward your right shoulder.
- Hold 20–30 seconds; switch sides.

## 3. Hand-Up Leaning Stretch

- Raise your right hand straight up.
- Lean gently to the left, keeping your arm raised.
- Hold 20–30 seconds; switch sides.

## 4. Chin Tucks

- Sit tall.
- Pull your chin straight back (like a turtle).
- Hold 2 seconds; repeat 10–15 times.

## 5. Upper Back Extension

- Sit tall with hands clasped behind your head.
- Lift your chest and look slightly upward.
- Hold 5 seconds; repeat 5–10 times.

Do these gently, several times a day, especially during long jewelry repair sessions.