

Name: _____

Research shows that
small exercises in everyday life can
reduce sickness absence by 13%

x3 to the neck and shoulder

You will find the exercises at GetUp Play - below training course - you can find 10 exercises for the neck and shoulder

1
10
Repetitions
1. exercise ✓
2. exercise ✓
3. exercise ✓

2
10
Repetitions
1. exercise ✓
2. exercise ✓
3. exercise ✓

3
10
Repetitions
1. exercise ✓
2. exercise ✓
3. exercise ✓

4
10
Repetitions
1. exercise ✓
2. exercise ✓
3. exercise ✓

5
10
Repetitions
1. exercise ✓
2. exercise ✓
3. exercise ✓

6
10
Repetitions
1. exercise ✓
2. exercise ✓
3. exercise ✓

7
10
Repetitions
1. exercise ✓
2. exercise ✓
3. exercise ✓

8
10
Repetitions
1. exercise ✓
2. exercise ✓
3. exercise ✓

9
10
Repetitions
1. exercise ✓
2. exercise ✓
3. exercise ✓

10
10
Repetitions
1. exercise ✓
2. exercise ✓
3. exercise ✓

11
10
Repetitions
1. exercise ✓
2. exercise ✓
3. exercise ✓

12
10
Repetitions
1. exercise ✓
2. exercise ✓
3. exercise ✓

13
10
Repetitions
1. exercise ✓
2. exercise ✓
3. exercise ✓

14
10
Repetitions
1. exercise ✓
2. exercise ✓
3. exercise ✓

15
10
Repetitions
1. exercise ✓
2. exercise ✓
3. exercise ✓