

# 4-MIN FORWARD HEAD POSTURE ROUTINE

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## #1) NECK MOBILITY

- 10 seconds each movement

## #2) 'UPGRADED' CHIN TUCK

- 3 Sets (10 second each set)

## #3) TOWEL EXTENSION

- 3 Sets (10 second each set)

## #4) THORACIC TRACTION

- 30 seconds up to 15 minutes

**\*For best results, do this routine twice consecutively, performing twice daily\***