LET’S TALK ABOUT Posture & THE PAIN IN YOUR NECK

There’s really no such thing as “bad posture” but any position you spend too much time in (including slumping over your laptop) can cause neck pain, trap tightness, and general discomfort.

USE THESE THREE MOVEMENTS TO STRETCH YOUR NECK AND GET OUT OF YOUR SLUMP!

Upper trap stretch
Perform 2x20s hold/side

Scap squeeze + reach
Perform 2x12 reps

Pec stretch on wall
Perform 2x20s hold/side

Try one (or more) of these movements when you notice your neck and shoulders feeling tight!