

Shy Sheik

Starting Position



Sidebend



1a. Place the edge of towel behind neck near the base of skull. With right hand on top, cross hands and hold opposite ends of towel in front of you with light tension. With left hand, pull down gently. With right hand, gently pull towel along cheek.

1b. Maintain tension on towel as you lean head, bringing left ear toward left shoulder. Hold several seconds and return to start position. Maintain tension throughout motion. Repeat 5 times. Move towel down

Rotation



the neck about a finger's width. Repeat as above positioning the towel lower on the neck each time. Repeat on other side with hands reversed.

1c. Return to start position. Maintain tension on towel as you turn head, pulling right hand toward nose, and looking over left shoulder. Hold several seconds and return to start position. Maintain tension throughout motion. Repeat 5 times. Move towel down the neck about a finger's width. Repeat as above positioning the towel lower on the neck each time. Repeat on the other side with hands reversed.

2a.



2b.



2c.



Towel Flexion and Extension

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2a. Place the edge of a towel behind neck near the base of the skull. Hold the ends of the towel in front of you, pulling forward with moderate tension.

2b. Maintain tension on towel as you flex your neck, bringing chin toward chest. Hold several seconds and return to start position. Maintain tension throughout motion. Repeat 5 times. Move towel down the neck about a finger's width. Repeat as above, positioning the towel lower on the neck each time.

2c. Return to start position. Maintain tension on towel as you extend your neck, letting head rock back as you face the ceiling. Hold several seconds and return to start position. Maintain tension throughout motion. Repeat 5 times. Move towel down the neck about a finger's width. Repeat as above, positioning the towel lower on the neck each time.