

Isometric Neck - Front & Back Exercise Guide

Isometric Neck Exercise - Front And Back

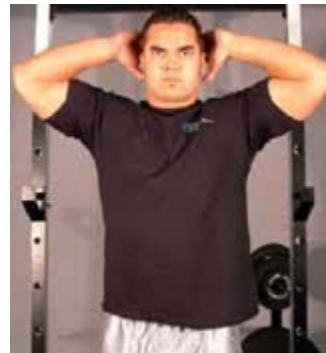
Exercise Data

Main Muscle Worked: Neck

Other Muscles Worked: None

Equipment: Body Only

Mechanics Type: Isolation



Tips: You can perform this exercise seated or standing. Place your head and neck in a neutral position. Place both of your hands on the front side of your head and gently push for the required number of seconds on your workout. Resist any movement of your head by "isometrically" contracting your neck muscles. Repeat with your hands placed on the back side of your head. This is an excellent way to strengthen your neck muscles with minimal risk of injury. Can also be done on the sides of your head.

Isometric Neck Exercise – Sides

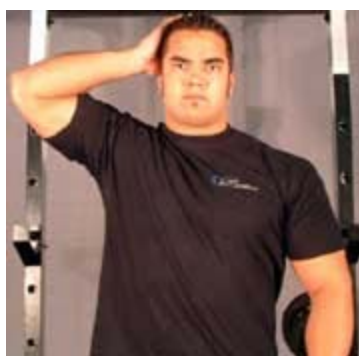
Exercise Data

Main Muscle Worked: Neck

Other Muscles Worked: None

Equipment: Body Only

Mechanics Type: Isolation



Tips: You can perform this exercise seated or standing. Place your head and neck in a neutral position. Place both your left hand on the on the left side of your head and gently push for the required number of seconds on your workout. Resist any movement of your head by "isometrically" contracting your neck muscles. Repeat with your right hand on the right side of your head. This is an excellent way to strengthen your neck muscles with minimal risk of injury. Can also be done on the front and back of the head.

Lying Face Down Plate Neck Resistance

Exercise Data

Main Muscle Worked: Neck

Other Muscles Worked: None

Equipment: Other

Mechanics Type: Isolation



Tips: Lie face down with shoulders about even with the end of a flat bench. Place a barbell plate on the back of your head and hold it in place with your hands. Raise head up and back in a semicircular motion as far as comfortable. Return to starting position.

Lying Face-Up Plate Neck Resistance

Exercise Data

Main Muscle Worked: Neck

Other Muscles Worked: None

Equipment: Other

Mechanics Type: Isolation



Tips: Lie on your back with your shoulders about even with the end of the bench. Place a flat barbell plate on your forehead and hold in place with your hands. Raise your head in a semicircular motion as far as comfortable. Return to starting position slowly.

Seated Head Harness Neck Resistance

Exercise Data

Main Muscle Worked: Neck

Other Muscles Worked: None

Equipment: Other

Mechanics Type: Isolation



Tips: Place the desired weight on chain attached to the head harness. Sit on a flat bench with your feet firmly on the floor. Lean forward slightly so the plate hangs free. Place your hands on your knees. Raise head up and back in a semicircular motion as far as comfortable. Can be done standing as well.

Standing Head Harness Neck Resistance

Exercise Data

Main Muscle Worked: Neck

Other Muscles Worked: None

Equipment: Other

Mechanics Type: Isolation



Tips: Place the desired weight on chain attached to the head harness. Stand with your feet wider than shoulder width. Lean forward slightly so the plate hangs free. Place your hands on your knees. Raise head up and back in a semicircular motion as far as comfortable. Can also be done seated.
