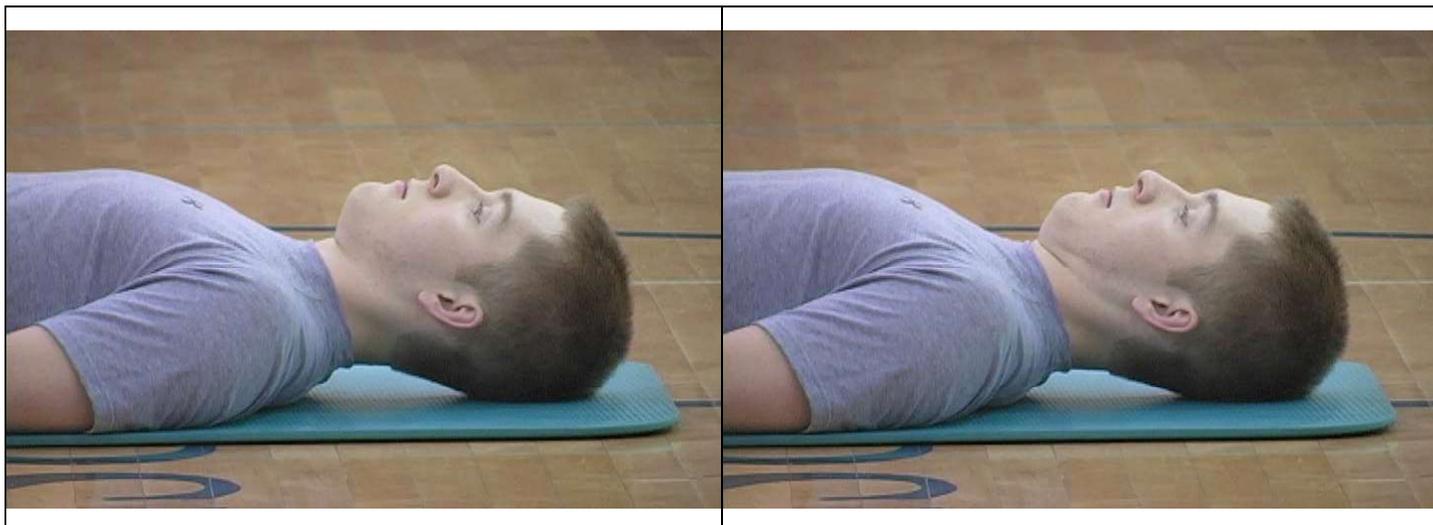


19.1 – SUPINE CHIN TUCK



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve activation and strength in the deep neck flexors.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Lie on your back on the floor or a table.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Tuck the chin to make a double chin. You should feel muscle activation in the front of your neck, as well as a subtle stretch in the back. ▪ Hold for a count of one-one-thousand, and then repeat.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Do not allow the head to lift off the ground. Keep it in contact throughout.