Purpose	▪ To improve activation and strength in the deep neck flexors.
Set-up	▪ Stand up tall.
Performance	▪ 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.
Coaching Points	▪ If you're performing this up against a wall, do not allow the head to move away from the wall.