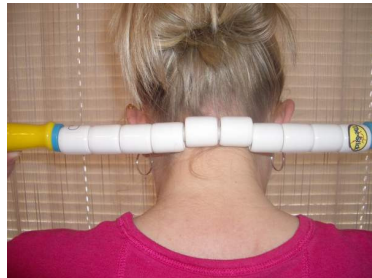


# Neck

**Description:** There are pictures here that use the **Marathon Stick and Trigger Wheel**. Any Stick will work. Just roll over the muscles in your neck or choke up on **The Stick** with a hand on the handle and your upper hand on the spindles.

Note: **The Trigger Wheel** is AMAZING!!

- 20-30 passes or 30 sec



**See Below for Trigger Wheel Pictures!!**



# The Neck Using the Trigger Wheel

