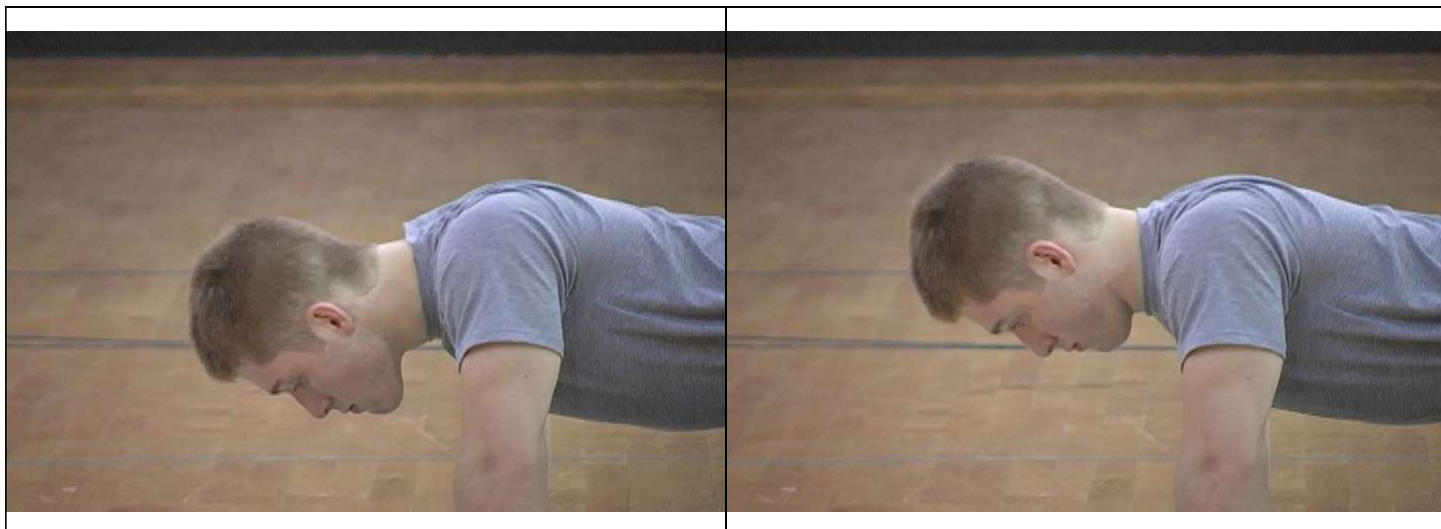


19.4 – QUADRUPED CHIN TUCK



<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"> ▪ Set-up in a quadruped position with your knees underneath your hips and hands underneath your shoulders.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Protrude your entire head out, attempting to keep the head parallel to the floor. ▪ Slowly scoop with the head so that the chin comes all the way down to your sternum. ▪ Keeping the chin tucked all the way in, slide back to the top position to reposition the head in neutral. Hold for a 5 count.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Do not rush through the movement. ▪ Do not hyperextend in the top position.