

Directions for using the Atlas Neck Gym, for strong and limber neck muscles using Isometric strengthening.

Please just sit down for five minutes to make this information your own.

At the Backside of this guide you will see the exercises with pictures. You can perform the exercises at any time of the day, but in the morning is a good start of the day. (Feel fit and alert).

Fitness trainers know the way muscles behave, but we as a layman, we can use some extra information. By using the Atlas immediate relief can be achieved due to isometric strengthening, the basic technique of the Atlas. At the start you may experience some muscle soreness. This means that the Atlas is working. "New school" information reveals that single stretching (what is used by the majority) is not sufficient. Even more, according to National Academy of Sports Medicine, Ballistic stretching and excessive stretching can damage your muscles. We need to stretch our muscles just lightly and gentle just for a few seconds. We go no further than our pain threshold. Strengthening our neck muscles has priority over stretching, in a balance of 20 <> 80%.

We always need a simple, but important warm-up using rotation and bending our head back and forth 20 to 30 times. This we need to perform always before each session. Make sure you don't feel any pain when we do this. (Do not force!) After the warm-up, we start to strengthen our muscles, with a "very short" stretch of just 5 seconds, followed by static strengthening for a "hold" for 15 to 30 seconds.

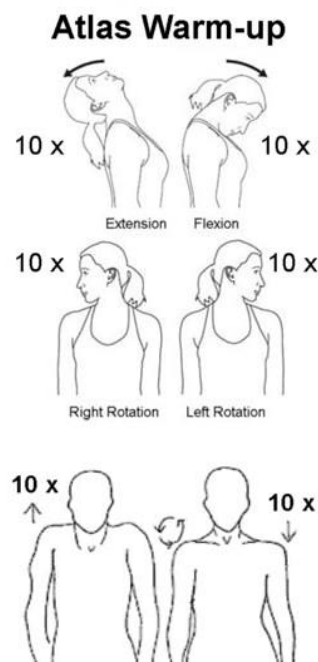
Note: As part of the warm-up before we start, we recommend shoulder exercises by moving (gentle) our shoulders forward 10 times and back 10 times (Rolling).

Start with a daily workout with the light (RED) bungee and slowly work your way up to the stronger (BLUE) bungee. It is recommended to build up slowly. Something that has been forgotten for years cannot be repaired or corrected in a few hours. Expect and accept that it will take a few weeks to be completely pain free. When pain free, you are protected against a daily overload of the muscles. After your neck muscles have been corrected, just two or three weekly sessions are sufficient to maintain a healthy, flexible and strong neck. In addition to improved limber and flexible neck muscles, relief from tension headaches and shoulder pain (mouse arm) was also observed after many tests performed.

How to use: Before using the Atlas, clean the forehead with a dry towel or cloth to remove some oil or moist from the skin. If needed, the anti-slip strip can be cleaned with just water and some soap. Always start with the nice warm-up as explained above to avoid extra muscle soreness. Always keep your fingers or thumb through the control ring to prevent slipping. The pictures and explanation at the back show the further steps. Keep the pictures handy for easy training.

Tip: The use of the gym on a regular basis is important for sustained success. Keep the Atlas on hand.

A simple hook on the wall where you can hang and see your Atlas is simple but important for the motivation for use. You can bring your Atlas to the office or your practice using the travel band.



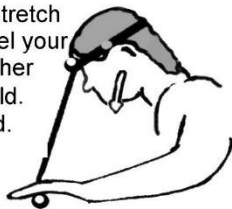
Important: If any pain or discomfort persists, discontinue the use and contact your clinician or doctor before you proceed any further. the Atlas: produced conform FDA and CE standards.

© 2021 Patent/design protection. www.atlasneckgym.com

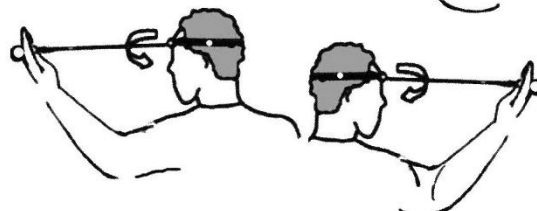
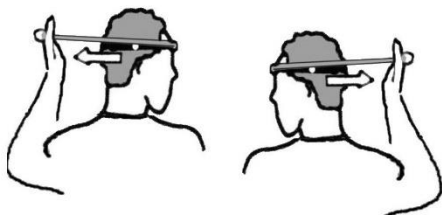
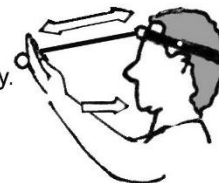
ATLAS 'HAND HELD' NECK & SHOULDER GYM~INSTRUCTIONS

Always Warm-up first!

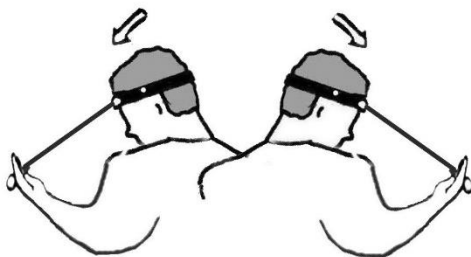
- 1~** Upper trapezius. Stretch for 5 seconds max. Feel your muscles but go no further than your pain threshold. The center ring is used.



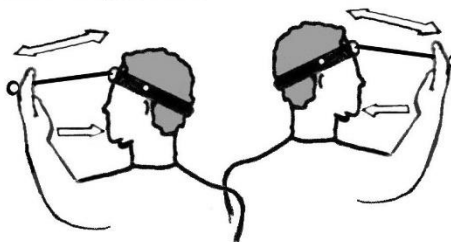
- 2~** Chin tuck for deep Cervical flexors. The double chin feeling Strengthen & hold for 20 to 30 seconds. Come back slowly. The center ring is used.



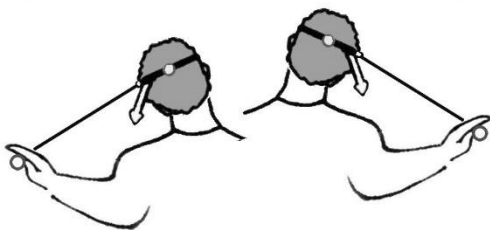
- 3~** Run the bungee around the back of your head. Feel the stretch and perform for only 5 seconds. Stay under the pain threshold. The center ring is used.



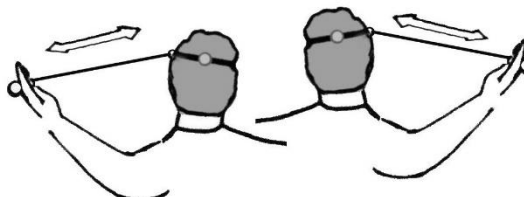
- 4~** Head rotation. Opposite of the stretch we strengthen the muscles left & right. Hold for 20 to 30 seconds. (trapezius levator M.) The center ring is used.



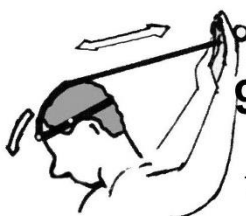
- 5~** Diagonal stretch on 45° degree over the shoulder. Deep cervical Flexors. For flexible movements and rotation. Hold for 5 seconds max. (Work on upper Trapezius). The center ring is used.



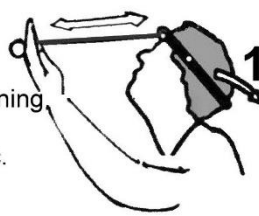
- 6~** Diagonal strengthen on 45° over the shoulder. Deep cervical Flexors. Chin tuck. Experience the double chin feeling. Hold for 20 to 30 Seconds. (Works on upper Trapezius). The center ring is used.



- 7~** Levator scapulae + Trapezius. Stretch only for 5 seconds max. Perform left and right. Stop always before pain appear. The side rings left and right are used.



- 8~** Levator scapulae + Trapezius. Strengthen and hold for 20 to 30 seconds. Perform left and right. Build slowly and without pain appear. The side rings left and right are used.



- 9~** Posterior neck strengthening. Upper trapezius (shoulders) Slowly build-up. 15 to 20 sec. The center ring is used.

- 10~** Levator scapulae strength. Hold for 15 to 20 seconds. The center ring is used.

Important: If any pain or discomfort persists, discontinue the use and contact your clinician or doctor before you proceed any further.