

IMPORTANT INSTRUCTIONS FOR THE PROPER USE OF THE PRO-LORDOTIC NECK EXERCISER

Prior to using the Pro-Lordotic Neck Exerciser, you should first place the exerciser behind your neck, grasp the handles and fully extend your arms out to your sides. See picture below.



Then move your extended arms forward to the front of your body and begin performing our "YouTube" video exercises. Go to <http://youtu.be/PD3zxWekkk8> ...or search on You Tube for: "**Pro-Lordotic Neck Exerciser**". Exercise video by Circular Traction Supply, Inc.

