

HEAD Educational Sheet

Your exercise list:

Here is a suggestion of 10 progressive sessions tailored to patients, each lasting 20-25 minutes, alternating between the three axes of push, pull, and periscapular movement. The sessions are designed to progress gradually, both in complexity and intensity, while respecting a clear structure.

General structure of a session:

1. Warm-up (5 min): Mobility and light activation, adapted to the day's focus.
2. Functional circuit (15-20 min): Alternating between global and targeted movements.
3. Cool-down (2-5 min): Stretching and relaxation.

Try this routine for 1 week, then observe how it feels.
You can then move on to the next session.

- Breathe deeply between exercises.
- Never push yourself through pain.
- Practice 3 to 5 times a week.

Regarding weights and equipment, don't hesitate to come back and ask for advice and guidance. There's no need to buy expensive equipment.

Try to leave 24-hour rest periods between sessions, especially if you're returning to physical activity.

HEAD Educational Sheet

Your exercise list:

Session 1: Introduction (Beginner Level)		
Warm-up: 2 rounds	10 Shoulder Rolls (forward/backward). 10 Scapular Push-Ups. 10 Dumbbell Deadlifts (light).	
Main circuit (15 min repeat exercises in a loop)	8 Incline Push-Ups (on a bench). 10 Single-Arm Dumbbell Rows (each arm, bench press). 15 Dumbbell Shrugs. Farmer's Carry (30m, light dumbbells).	
Cooldown	Stretching of the trapezius and pectoral muscles (hold for 20-30 seconds).	

Relaxation Bonus

- Alternate with opening and closing the mouth with the tongue pointing up
- Inhale for 4 to 5 seconds.
- Exhale for 6 seconds (a longer exhalation promotes relaxation).



HEAD Educational Sheet

Your exercise list:

Session 2: Progressive reinforcement		
Warm-up: 2 rounds	10 Cat-Cow Stretches. 10 Dumbbell Shoulder Press (light). 10 Air Squats.	
Main Circuit Complete 4 laps	10 Dumbbell Floor Press. 12 Dumbbell Bent-Over Rows. 10 Scapular Retractions (elastic). Farmer's Carry (40m, moderate weight).	
Cooldown	Shoulder-focused stretches.	

Relaxation Bonus

- Perform 20 head retractions in a kneeling position, 4 points.
- Repeat this sequence 3 times in total.
- Inhale slowly through your nose, expanding only your stomach (keep your chest still).
- Exhale gently through your mouth as if blowing through a straw.
- Take 5 to 10 slow breaths, inhaling for 4 seconds and exhaling for 6 seconds.



HEAD Educational Sheet

Your exercise list:

Session 3: Focus on the shoulder girdle		
Warm-up: 2 rounds	5 Wall Slides. 10 Y-T-W Lifts (lightweight).	
Main Circuit Complete 4 laps	8 Pike Push-Ups. 10 Kettlebell Halos (each side). 12 Rear Delt Flyes (light dumbbells). Overhead Carry (30m, light kettlebell).	
Cooldown	Active shoulder mobility.	

Relaxation Bonus

- Begin in the sphinx position and retract your neck for 3 sets of 30 repetitions without moving your shoulder blades.
- Film from two different camera angles.
- From a seated position, alternately retract your neck and raise your arms for 3 sets of 20 repetitions.
- Demonstrate neck control during arm movements.
- Include 30 seconds of circular massage on the masseter muscles.
- Follow with a 30-second massage on the temporalis muscles.



HEAD Educational Sheet

Your exercise list:

Session 4: Dynamic Intermediate Approach		
Warm-up: 2 rounds	8 Scapular Push-Ups. 10 Dumbbell High Pulls. 10 Goblet Squats.	
Main Circuit Complete 4 laps	10 Push Presses (dumbbells). 12 Renegade Rows. 15 Dumbbell Shrugs (heavy). Suitcase Carry (30m, one-sided).	
Cooldown	Upper trapezius and back stretches.	

Relaxation Bonus

- Sit with your knees bent and your feet flat on the floor.
- Perform 5 sets of 20 neck retractions.
- Between sets, maintain an upright posture and practice breathing exercises: 4 seconds of inhalation, 6 seconds of exhalation, and 3 cycles.
- Inhale slowly through your nose, expanding your stomach without moving your chest.
- Exhale gently through your mouth as if blowing through a straw.
- Take 5 to 10 slow breaths, following a rhythm of 4 seconds of inhalation and 6 seconds of exhalation.



HEAD Educational Sheet

Your exercise list:

Session 5: Strength and Stability		
Warm-up: 2 rounds	10 Cat-Cow Stretches. 10 Dumbbell Strict Press (light). 10 Air Squats.	
Main Circuit Complete 4 laps	8 Overhead Presses (dumbbells). 10 Single-Arm Rows (heavy). 10 Scapular Retractions (elastic). Suitcase Carry (40m, moderate weight).	
Cooldown	Shoulder-focused mobility.	

Relaxation Bonus

- Perform 3 sets of 30 neck retractions while maintaining the posture.
- Practice box breathing: Use hand gestures to visualize the box.
- Inhale for 4 seconds.
- Hold your breath for 4 seconds.
- Exhale slowly for 4 seconds.
- Hold your breath for 4 seconds.
- Repeat the breathing cycle for 4 to 5 minutes.



HEAD Educational Sheet

Your exercise list:

Session 6: Transition to Heavier Loads		
Warm-up: 2 rounds	5 Wall Slides. 10 Dumbbell Shoulder Press (light) 10 Air Squats.	
Main Circuit Complete 4 laps	8 Barbell Overhead Presses (heavy). 12 Bent-Over Barbell Rows. 15 Dumbbell Shrugs (moderate). Farmer's Carry (40m, heavy).	
Cooldown	Shoulder-focused stretches.	

Relaxation Bonus

- Lie on your stomach and retract your neck, engaging your shoulder blades.
- Do 3 sets of 20 repetitions.
- Between sets, keep your head on the floor and raise your arms to a 90-degree angle, engaging your shoulder blades for 30 seconds.
- Inhale deeply through your nose, then inhale again before exhaling slowly. Repeat 5 times.



HEAD Educational Sheet

Your exercise list:

Session 7: Increased Intensity		
Warm-up: 2 rounds	8 Scapular Push-Ups. 10 Dumbbell High Pulls. 10 Goblet Squats.	
Main Circuit Complete 4 laps	10 Push Presses (dumbbells). 12 Renegade Rows. 15 Dumbbell Shrugs (heavy). Suitcase Carry (30m, one-sided).	
Cooldown	Upper trapezius and back stretches.	

Relaxation Bonus

- Lie on your back and exercise upper cervical flexion.
- Raise your head about 5 cm off the floor, then lower it back down (tensing your neck).
- Perform 3 sets of 15 repetitions.
- Between sets, take 5 deep diaphragmatic breaths.
- Demonstrate that you are breathing deeply with your belly during these breaths.



HEAD Educational Sheet

Your exercise list:

Session 8: Combined work		
Warm-up: 2 rounds	10 Shoulder Rolls. 10 Dumbbell Deadlifts (light).	
Main Circuit Complete 4 laps	8 Incline Push-Ups. 10 Single-Arm Dumbbell Rows. 15 Dumbbell Shrugs.	
Cooldown	Stretching the trapezius and pectoral muscles.	

Relaxation Bonus

- In a 4-point kneeling position, perform 20 neck retractions with one arm raised.
- Repeat 3 times on each arm.
- Between each set, raise one leg and take 5 diaphragmatic breaths (4 seconds of inhalation, 6 seconds of exhalation).
- Alternate legs with each breath.



HEAD Educational Sheet

Your exercise list:

Session 9: Final Progression (Complexity and Load)		
Warm-up: 2 rounds	10 Shoulder Rolls (front/back) 5 Get Down/ Get Up	
Main Circuit Complete 4 laps	10 Incline Push-Ups (on bench). 12 Renegade Rows (dumbbells). 15 Dumbbell Shrugs (heavy).	
Cooldown	Active shoulder mobility.	

Relaxation Bonus

- Sit upright and perform a neck retraction.
- While maintaining the retraction, rotate your neck 45 degrees to each side.
- Repeat 10 movements to the left and 10 to the right for 5 sets.
- Between sets, practice box breathing and visually represent the box with hand movements.



HEAD Educational Sheet

Your exercise list:

Session 10: The Finisher		
Warm-up: 2 rounds	Arm Circles x10 (one small circle, one large circle) Kettlebell Halos x10 (5 in each direction) Dumbbell Hangs / Shoulder Curls (KB) x 8 Kettlebell Deadlifts to Vertical Curls x 8	
Set 1 - 3 rounds: KB Floor Press (/kettlebell, 10 reps) KB Close-Grip Push-Up (with kettlebell under the chest) x10 KB Bottoms-Up Hold x20 sec each arm Set 2 - 3 rounds: KB Bent-Over Row (10 reps per arm) KB Gorilla Row (alternating and explosive) x10 KB Dead Stop Row x8	Set 3 - 3 rounds: KB Strict Press (10 reps per side) KB Z-Press (8 reps) KB Push Press (10 reps) Finisher - 3 sets: Renegade Rows x5 KB Swing to High Pull x10 KB Triceps Extension x10	
Cooldown	Relaxation	

