

The Nape Shaper:

For the first isometric **neck strengthening trick**, put your head in your hands as if exasperated by the workday and press your palms into your forehead as if trying to push the head backward. Resist the motion by engaging the neck muscles. Next, clasp the hands behind the back of the head and try to push the head backward, resisting the motion with your hands. Hold each deskercise for 5 seconds. Slowly release, rest, and repeat 5 times each.