

TENSION TAMER: MOBILITY *Exercises*



Boost Your
FLEXIBILITY
and
AGILITY



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TENSION TAMER:



2 Moves to Unstick Your Day

A flow-friendly guide for getting your neck and wrists back on speaking terms with the rest of your body.

Why This Matters:

Your body's been sending SOS signals—tight neck, sore shoulders, wrists that crack like an old staircase. It's not random. It's the buildup of stress, stillness, and let's be honest... modern life.

The good news? You don't need to overhaul your routine or start training like an athlete. You just need to move intentionally—in small, powerful ways.

These two exercises are designed to:

- Unlock tension you didn't realize you were holding
- Improve posture (so you stop slouching like it's your job)
- Reduce the risk of “surprise” injuries from everyday movement
- Keep your joints happy as you age—without needing a foam roller army

This is your entry point into flow. Let's go.



NECK & WRIST MOBILITY



These two champs – your joints and muscle groups – have been through the wringer in your daily grind, but they don't get nearly enough love in return.

We're about to change that! With these exercises in your arsenal, you're cooking up a recipe for the ultimate anti-desk superhero routine.

Let's give those neglected heroes the spotlight they deserve!

No gym. No gear. Just you, your body, and a little breathing room.

 RELEASES TENSION IN THE NECK AND UPPER BACK. GREAT FOR SCREEN TIME RECOVERY.

Neck Mobility Exercise

CHIN TUCKS

1. Stand or sit tall, with your core engaged. Let your arms rest alongside your body.
2. Draw your shoulder blades back and down.
3. Slowly draw your chin in toward your chest.
4. Hold for a few seconds. Return to the start position.
5. Repeat for 3-5 repetitions.

Video Demo: <https://youtu.be/gdrHuq68kNk>



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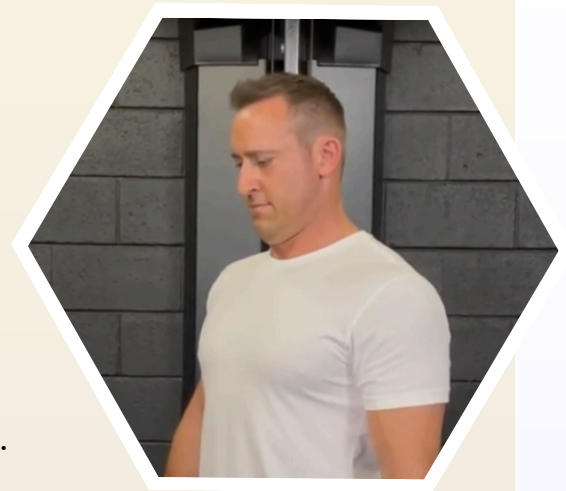
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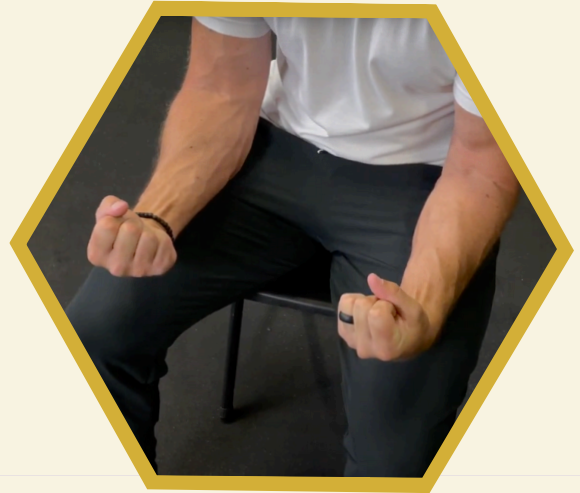


MOBILITY EXERCISES

Wrist Mobility Exercise

CLENCHED FIST STRETCH

1. While seated, put your open hands on your thighs with your palms facing up.
2. Close your hands into fists – don't clench too tightly.
3. Keeping your forearms on your legs, raise your fists off of your legs and curl them toward your body, bending at the wrist.
4. Hold for a few seconds.
5. Lower your fists and slowly open your fingers wide. Repeat 5-10 times.



Video Demo: https://youtu.be/M5Z_q5wDFKs

WHY THESE WORK

These work because stiff joint can quietly mess with your whole posture.

These exercises reintroduce mobility where tech neck has taken over.

This combo may seem simple—and that's the point. These are gateway moves to help you reconnect with your body without guilt, soreness, or needing a sports bra.

You're telling your system, "Hey, I've got you."

That's what creates real change.



MOBILITY EXERCISES



WHEN TO USE THESE

- First thing in the morning (with coffee optional)
 - Mid-afternoon energy slump
 - After too much screen time
 - Whenever your shoulders start creeping up to your ears
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WHAT'S NEXT?

*Check Your Email or Visit Your Member Portal.
We've got some exciting stuff waiting for you there.*

Keep the joint health party going!

