

Dr. Dodd's Nitric Oxide Workout

Please watch the video first. Video available at: <https://teamchiro.com/workshops-raleigh/>

All exercises can be completed with or without wearing a head weight.

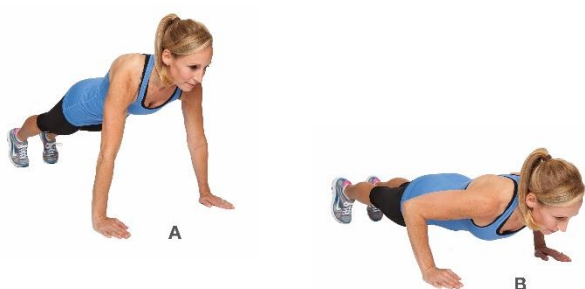
Recommended when you wake up in the morning and every 2 hours if sitting for a long time.



1. Squats with a lateral raise: 10-15 reps.



2. "Good Mornings": 10-15 reps



3. Push ups: 10-15 reps.



(Modified Pushup option)



Neck ups



Superman



4. Neck ups or Superman Holds*: 10-30 seconds.

* The superman exercise is not prescribed for everyone. Ask your provider if the Superman exercise is recommended for you based on your x-rays.



5. Plank: 10-30 seconds working your way up to 2 minutes.