The CTAR Exercise

- 1. Hold the towel firmly under your chin, with your chin up.
- 2. Use good posture. Keep your ears directly over your shoulders.
- 3. Gently nod your head down, pressing your chin down against the towel, while holding the towel firmly in place.
- 4. Raise your chin back up.
- 5. Repeat until your muscles are tired.



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