

# P-SARP EXERCISES FOR POST-70'S MEN & WOMEN

THE C L U E PROGRAM Core • Lower • Upper • Egg

## EGG EXAMPLES

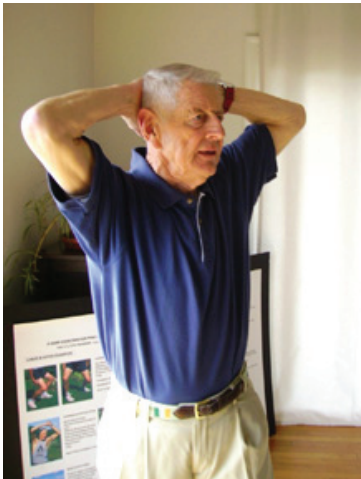


### NECK ELASTO LATERAL

Place both hands to sides of head  
Push left for 5 seconds, then push right for 5 seconds  
with slow, gentle pressure  
5 pushes each side

2 SETS

(strengthens neck, face, chin)



### NECK ELASTO PRESS

Place hands behind head; push gently against head  
Hold and rotate slowly (10 degrees each way) to the  
left and right sides, for 5 rotations

2 SETS

(strengthens neck, face)



### GRIMACE SWING

Open mouth wide, bare teeth, grimace and tense face  
Rotate slowly each side, while grimmacing  
Hold 10 secs, repeat 5 times  
(Looks ugly, but it's effective!)

2 SETS

(strengthens neck, face)