Mindluster Platform

About the course Fix Neck Hump exercises at home

Fix Neck Hump exercises course, in this course explore effective exercises and stretches designed to target and alleviate neck hump, also known as Dowager's hump or buffalo hump. Learn various techniques to strengthen and stretch the muscles of the neck, upper back, and shoulders, improving posture and reducing the prominence of the hump. Whether caused by poor posture, muscle imbalances, or other factors, this course offers valuable insights to help you address and correct neck hump issues. Join us to unlock the secrets of effective exercises for fixing neck hump and regain confidence in your posture and appearance.

Medical Category's Courses

Course Lesson(19)

Lesson 1 : **How To FIX Your Posture 10 Minute Daily Routine**

Lesson 2 : **Fix Neck Hump FAST With These Home Exercises**

Lesson 3 : **How To Strengthen Your Upper Back Posture Muscles**

Lesson 4 : **5 Stretches For Better Posture Works In Just 10 Minutes**

Lesson 5 : **How To Fix Lower Back Pelvic Tilt Posture PART ONE**

Lesson 6 : **Fix Lower Back Posture FAST Exercises For Pelvic Tilt PART 2**

Lesson 7 : **Fix Your Pelvic Tilt Posture FAST 6 Minute Core Workout Routine**

Lesson 8 : **How To Strengthen Your Upper Back And Neck At Home**

Lesson 9 : **The PERFECT 7 Minute Daily Posture Routine Fix Neck and Back Pain**

Lesson 10 : **How To Correct Your Posture 5 Home Exercises To Fix Your Posture**

Lesson 11 : **How To Fix Lower Back Posture**

Lesson 12 : **STOP Neck Back Headache Pain At Work Ergonomic Desk Set Up**

Lesson 13 : **Fix Your Upper Back Posture In 6 Minutes With A Foam Roller**

Lesson 14 : **Fix Your Posture 6 Simple Stretches To Fix Your Rounded Shoulders**

Lesson 15 : **Fix Your Posture Fast 6 Minute Foam Roller Routine**

Lesson 16 : **Fix Your Posture 10 Minute Routine To Eliminate â€œHunchbackâ€**

Lesson 17 : **Fix Your TILT How To Correct Bad Lower Back Posture For Good**

Lesson 18 : **Fix Your Desk Posture PERMANENTLY Tech Neck Pain Exercises**

Lesson 19 : **Decrease Neck Shoulder Pain And Improve Posture JUST ONE MUSCLE**

Related courses

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