



# NECK Strength training program using HUR PULLEY

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# HUR PULLEY Training program

## for 12 weeks in healthy adults

HUR Neck strength training program for 12 weeks						
Week	Weekly volume	Series	Reps	% 1-RM	Rest intervals	Stage
1	2	2	20-30	15-30	120	Familiarization
2	2	2	20-30	15-30	120	Familiarization
3	2	2	20	20-30	120	Familiarization
4	2	2-3	20	30-30	90-120	Training
5	2-3	2-3	20	30	90-120	Training
6	2-3	2-3	20	30	90-120	Training
7	2-3	2-3	15-20	30-40	90-120	Training
8	3	2-3	15-20	30-40	90-120	Training
9	3	3	15	40	90	Maintenance
10	3	3	15	40	90	Maintenance
11	3	3	15	40	90	Maintenance
12	3	3	15	40	90	Maintenance

Weekly volume; exercise sessions weekly, Series; series for each muscle or muscle group, Reps; repetitions in each serie, % 1-RM; % of one repetition maximum, Rest intervals in seconds, Stage; target level of exercise training.

# HUR Pulley: Neck extension

Important:  
Keep a straight back,  
position your head in  
a neutral position  
and lean the trunk  
forward ( $\sim 20^\circ$ ).

Hold your arms  
straight with the  
hands placed  
underneath the  
knees.



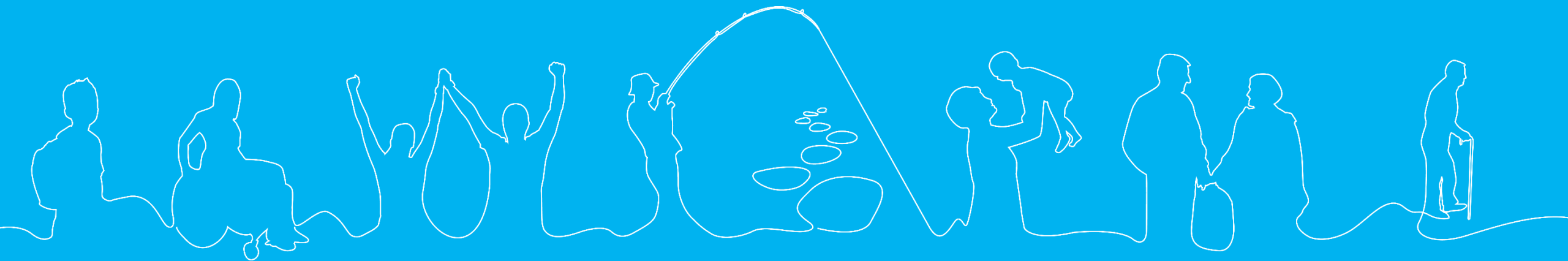
# HUR Pulley: Neck flexion

Important:  
Keep a straight back,  
position your head in  
a neutral position  
and lean the trunk  
forward ( $\sim 20^\circ$ ).

Hold your arms  
straight with the  
hands placed  
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FOR LIFELONG STRENGTH



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