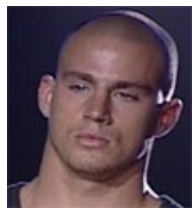




Neck Training Thread

Neck Training Thread

Thread Modes



Neck Brah
Senior Member



Posts: 429
Threads: 9
Joined: Jun 2015
Reputation: **406**

06-30-2015, 12:17 AM (This post was last modified: 07-13-2015, 09:55 PM by Neck Brah.)

#1

Neck Brah Wrote:

Its the most important feature of a physique, especially for facial asthetics. The rest of your physique is just icing on the cake

Photochopped to have a bigger neck, look at how much better these gay faced twinks look with a bigger neck.





This one has been made to look smaller, look how twinkish he looks with a smaller neck

Original

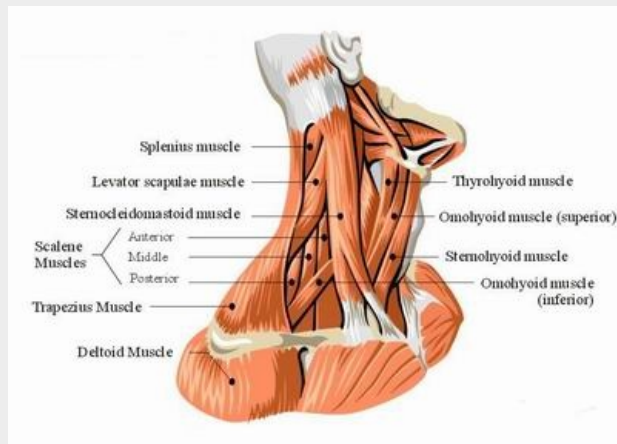


Original



Do all the 3 different movements, progressive overload and it should grow fast (extension, Flexion, lateral)

Quote:



Flexion-Extension

The sternocleidomastoid (SCM) has the largest moment arm (best leverage) for neck flexion, while the superior and middle trapezius fibers have the largest moment arms for neck extension. The splenius capitus and semispinalis capitus also display good leverages for neck extension.

Lateral Bending

The muscles with the best leverages for neck lateral flexion are the anterior scalenes and SCM. The middle scalenes and levator scapulae also possess significant lateral bending capacity.

4th movement, you can only really do this if you have access to a cable machine or bands

Quote:

Rotation

The superior and middle trapezius, sternocleidomastoid and semispinalis capitis sub-regions were the greatest contributors to contralateral (opposite side) axial rotation, while the rectus capitis posterior major, obliquus capitis inferior and splenius capitis were the greatest contributors to ipsilateral (same side) axial rotation.

When doing neck work in general (harness or bridges) you will probably need to wear a beanie or a hoodie as it will feel like the hairs on your head are being pulled out if you're not wearing one.

He does all 3 movements in this vid

<https://www.youtube.com/watch?v=dNgDIUrD2Dk>

To do the lateral (sides) movements you can also lay sideways on a bench like in the video below or a couch if training at home. Or attached to a cable machine

If you feel the harness is going to slip off your head when doing the lateral motion, use the hand you're not laying on to lightly hold the harness.

<https://www.youtube.com/watch?v=ZUUJOEzBPks>

1-3 WORKING sets, Do a few light warmup sets beforehand.

Extension 1-3 sets	8-12 reps
Flexion 1-3 sets	15-25 reps
Lateral 1-3 sets	15-25 reps
Rotation 1-3 sets	15-25 reps

Best ones on the market:

<http://www.ironmind-store.com/A-Headstra...info/1232/>

<http://www.elitefts.com/elitefts-head-neck-harness.html>

Highly Recommend Senshi Japan equipment, really cheap but amazing quality.

<http://www.amazon.co.uk/Senshi-Japan-Har...ck+harness>

<http://www.amazon.co.uk/Senshi-Japan-Hea...ck+harness>

Neck Bridges

If you dont have a neck harness you can do neck bridges. For extra resistance you can hold a weight plate on your chest when you find doing it with your bodyweight too easy. You will probably need to wear a beanie or have some padding on the floor when doing these.

<https://www.youtube.com/watch?v=zvQTyHE2c5M>

Isometrics

These can also be done against a wall, put some padding on the wall like a pillow or towel if it hurts your head. Do these combined with neck bridges, so do your neck bridges first then do isometrics last.

[.youtube.com/watch?v=5TxB_CwzRIE](https://www.youtube.com/watch?v=5TxB_CwzRIE)

But remember, neck harness work is superior, it may take longer to build a large neck doing bridges and iso's due to it being very akward to progressive overload. With that being said its better than nothing

Movements for forward head posture

Movements that will strengthen the smaller neck muscles that help prevent forward head posture

You basically just have to mimic the movement in the video below, and here are the different ways of doing this movement. Pick one you find best

4 options

- Can be done with resistance bands
- With a neck harness attached to a cable machine
- Neck harness with a freeweight and slighty bending over
- with a neck harness & freeweight laying face first on a bench like in the gif below



Find

Reply



heilsa

Mega Super Poster



06-30-2015, 12:22 AM

#2

L E G I T
E
G
I
T

Posts: 3,730
Threads: 170
Joined: Jun 2015
Reputation: **2,523**

Find

Reply



Nizoral Babe
Colez Biker Gang



Posts: 875
Threads: 24
Joined: Jun 2015
Reputation: **60**

Find

06-30-2015, 12:50 AM

#3

So fucking beautiful. This is a must for all members here.



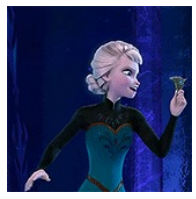
German--Irish--Mexican Aesthetics Crew

"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

"I believe in me, I believe in you - and I believe that we are not meaningless."

"We are nothing without brotherhood. And brotherhood is nothing without your brothers."

Reply



poobear

Anyone can be anything!



Posts: 5,679
Threads: 867
Joined: Jun 2015
Reputation: **10,997**
Tinder Matches: 750
Dates: 13
Kisses: 4
Slay Count: 1
Relationships: Zero

Find

06-30-2015, 06:08 AM

#4

Fuck, neck is everything!



Reply



Emil_King
Super Poster



Posts: 1,328
Threads: 341
Joined: Jun 2015
Reputation: **281**

06-30-2015, 06:08 AM

#5

L
E
G
I
T

Neck Brah, one of the most OG members here probably.

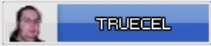
Find

Reply



sub8 life

Member



Posts: 236
Threads: 38
Joined: Jun 2015
Reputation: **43**

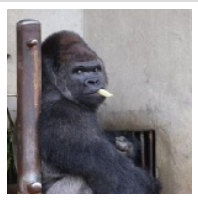
Find

06-30-2015, 07:06 PM

#6

Post this in the proper subsection you fagget

Reply



Machiavellian

Senior Member



Posts: 666
Threads: 52
Joined: Jun 2015
Reputation: **372**
Tinder Matches: 40
Dates: 5
Kisses: 50
Slay Count: 3

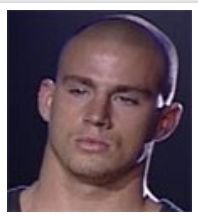
Find

07-01-2015, 11:04 PM

#7

Going to sticky this thread as it's one of the single most doable things one can incorporate into their looksmax routine and get results. Although we got other things in here, a lot of them are experimental in some cases and others don't deliver as much of a looks improvement.

Reply



Neck Brah

Senior Member



Posts: 429
Threads: 9
Joined: Jun 2015
Reputation: **406**

Find

07-02-2015, 11:41 PM (This post was last modified: 07-02-2015, 11:48 PM by Neck Brah.)

#8

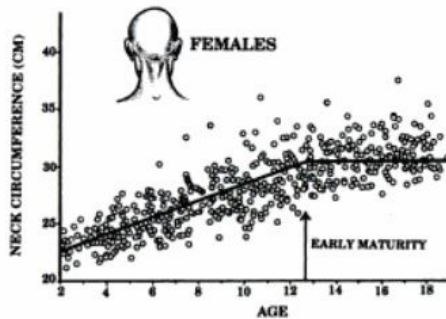
Reply



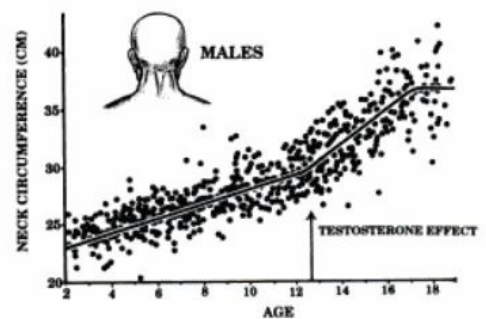
THE PLATYSMA BELONGS TO THE GROUP OF FACIAL MUSCLES AND DRAWS THE CORNERS OF THE LOWER LIP AND MOUTH TO THE SIDES AND DOWNWARD. WHEN FLEXED FORCEFULLY, IT EXPANDS THE NECK AND DRAWS ITS SKIN UPWARD.



WEAKNESS OF THIS MUSCLE IS OFTEN THE MAJOR FACTOR IN CAUSING SAGGING UNDER THE CHIN IN OLDER PEOPLE (THIS IS NOT DUE TO AGING SKIN OR FROM FAT ACCUMULATION).



Neck muscles are also extremely sexually dimorphic. The size of the mastoid process, the insertion point of the sternomastoid muscle, is one of the most reliable forensic means to identify the sex of human skulls when no other data are available. Even among women who daily carry 50-kilogram loads on their heads, the neck muscles are smaller than those of men who do no work with their heads. Females, cross-culturally, do not normally have to suffer social violence to the head. It can be noted here that female cervical vertebrae and neck muscles reach their growth plateau at around thirteen years of age. Data from Snyder et al. 1977, a large U.S. sample.



Unlike the growth curve for women's neck circumference, male necks do not stop growing at age thirteen, but instead the curve experiences a marked upward deflection as a product of greater postpuberty testosterone production. Muscle tissue in necks is especially sensitive to androgenic steroids. It has been proposed that these rugged neck muscles among males were selected for to add protection against cervical and skull damage during violent fighting activity. Necks are used here as a metaphor for many bodily features; remember, testosterone affects not only specified muscle tissue but also specified neural tissue. Data from Snyder et al. 1977, a large U.S. sample.

Find

Reply



07-03-2015, 04:50 AM

#9

Wow there should be a new law called NECK LAW

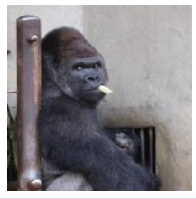
Thereishope ●
Colez Biker Gang



Posts: 931
Threads: 83
Joined: Jul 2015
Reputation: **80**

Find

Reply



Machiavellian
Senior Member



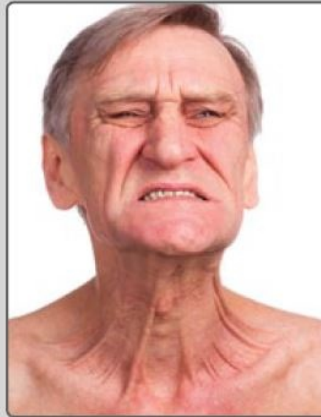
Posts: 666
Threads: 52
Joined: Jun 2015
Reputation: **372**
Tinder Matches: 40
Dates: 5
Kisses: 50
Slay Count: 3

07-08-2015, 01:43 AM

#10

Neck Brah Wrote: →

(07-02-2015, 11:41 PM)



THE PLATYSMA BELONGS TO THE GROUP OF FACIAL MUSCLES AND DRAWS THE CORNERS OF THE LOWER LIP AND MOUTH TO THE SIDES AND DOWNWARD. WHEN FLEXED FORCEFULLY, IT EXPANDS THE NECK AND DRAWS ITS SKIN UPWARD.



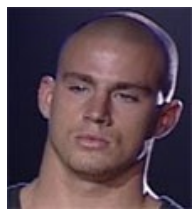
WEAKNESS OF THIS MUSCLE IS OFTEN THE MAJOR FACTOR IN CAUSING SAGGING UNDER THE CHIN IN OLDER PEOPLE (THIS IS NOT DUE TO AGING SKIN OR FROM FAT ACCUMULATION).



I am doing this while working out my neck forward motion. It is quite intense and comes with a strong mewing effect as well.

Find

Reply



Neck Brah
Senior Member



Posts: 429
Threads: 9
Joined: Jun 2015
Reputation: **406**

07-08-2015, 06:47 PM (This post was last modified: 07-08-2015, 06:47 PM by Neck Brah.)

#11

"@Neck Brah, have you tried that angry face thing you posted in the neck training thread when working your neck forwards?"

A good way to put more emphasis on the platysma with resistance is to have the weight behind your head like you were going to do the flexion movement, but instead of nodding your head like you would when doing flexion, Push your head straight forwards like you would if you had forward head posture whilst keeping the platysma tensed.

- Push head outwards
- Pull head inwards
- Push head outwards
- Pull head inwards

Hopefully you get the idea, do around 15 reps and if you find it too easy then increase the weight. Remember, the platysma is still getting hit when doing general neck work so it may not be needed.

Neck Training Thread: <http://lookism.net/showthread.php?tid=117>

Perspective & Focal Length: <http://lookism.net/Thread-Perspective-Focal-Length>

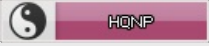
Find

Reply



Scar Tissue

Super Poster



Posts: 1,883
Threads: 135
Joined: Jul 2015
Reputation: **-12**

Find

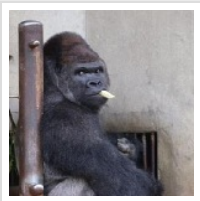
07-13-2015, 01:19 AM

#12

Whatever mod deleted OP's first post did an enormous disservice to this forum.



Reply



Machiavellian

Senior Member



Posts: 666
Threads: 52
Joined: Jun 2015
Reputation: **372**
Tinder Matches: 40
Dates: 5
Kisses: 50
Slay Count: 3

Find

07-13-2015, 03:05 AM

#13

Scar Tissue Wrote: →

(07-13-2015, 01:19 AM)

Whatever mod deleted OP's first post did an enormous disservice to this forum.

Nobody edited it, if I quote the OP post everything is there. Must be new forum setting to limit video links.

Going to tinker with the URL's for him after I eat and fix the OP, bring this up as a feature that should be removed.

Reply



Jesus Christ

Super Poster



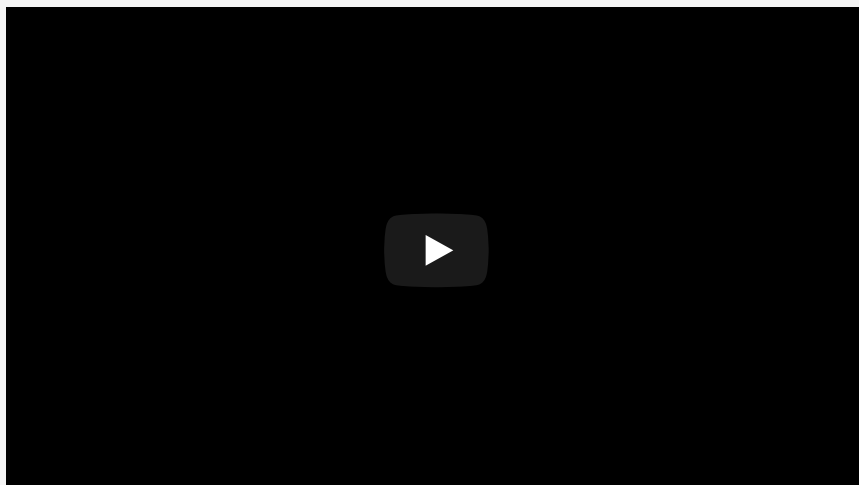
Posts: 1,344
Threads: 152
Joined: Aug 2015
Reputation: **20**

Find

09-05-2015, 02:13 AM

#14

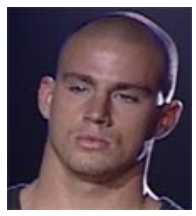
Now I know what looks strange in Athlean-x.





Find

Reply



Neck Brah ●
Senior Member



Posts: 429
Threads: 9
Joined: Jun 2015
Reputation: **406**

09-11-2015, 03:24 PM (This post was last modified: 09-11-2015, 03:29 PM by Neck Brah.)

#15

Take into account they only did the extension movement and still were the only group to have direct neck hypertrophy. You will see even greater development from doing all of the movements.

Quote:

Conley et al. (1997) split 22 active college students into 3 groups: a resistance training group that performed squats, deadlifts, push presses, bent over rows, and mid-thigh pulls, a resistance training plus neck training group that performed all of the aforementioned exercises in addition to neck extension, and a control group that didn't train. Subjects trained 3x/week for 12 weeks and then had MRI's taken and tested out their neck extension strength.

The resistance training group failed to increase their neck extension strength, whereas the resistance training plus neck training group increased neck extension strength by 34%. The resistance training group failed to increase in neck hypertrophy, whereas the resistance training plus neck training group increased in neck muscle cross-sectional area by around 13%, mostly in the splenius capitus (3%), semispinalis capitus (6%), and cervicis muscles (5%).

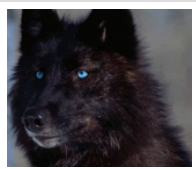
- Heavy compound exercise training is inferior to heavy compound exercise training plus targeted neck training for both neck strength and neck hypertrophy purposes. If maximum neck strength and size is desired, then targeted neck training is mandatory.

Neck Training Thread: <http://lookism.net/showthread.php?tid=117>

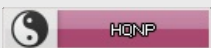
Perspective & Focal Length: <http://lookism.net/Thread-Perspective-Focal-Length>

Find

Reply



TRT ●
Senior Member



Posts: 732
Threads: 2
Joined: Jul 2015
Reputation: **130**

09-23-2015, 11:21 PM (This post was last modified: 09-23-2015, 11:22 PM by TRT.)

#16

FACE Wrote: →

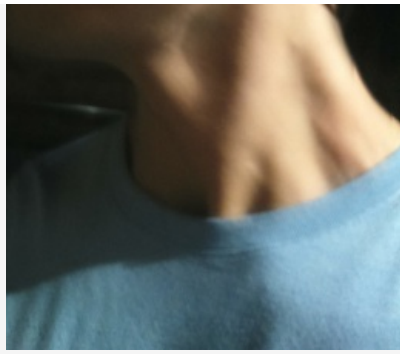
(09-23-2015, 11:23 AM)

do you need a lot of calories and protein to grow the neck?

i'd assume so, treat it like any other muscle group.

i've achieved an 18inch neck at low body-fat purely due to gymceling for a few years, just don't neglect your back/traps and your neck should get consistently bigger over time.

head is turned to the side during this pic



Find

Reply



Iltvyr

Mega Super Poster



Posts: 2,403
Threads: 411
Joined: Jul 2015
Reputation: **573**

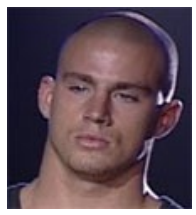
Find

09-25-2015, 03:16 PM

#17

You really think you can train platysma? Look at that muscle ffs. It's thin as paper.

Reply



Neck Brah

Senior Member



Posts: 429
Threads: 9
Joined: Jun 2015
Reputation: **406**

09-25-2015, 04:29 PM

#18

Iltvyr Wrote: →

(09-25-2015, 03:16 PM)

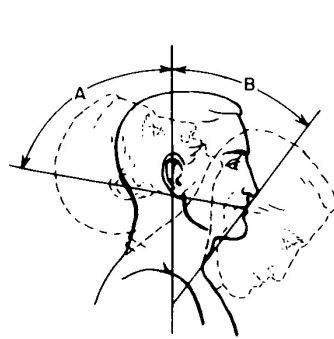
You really think you can train platysma? Look at that muscle ffs. It's thin as paper.

Yes, the platysma is a thin sheath of muscle, but, Its getting trained indirectly when doing general neck work anyway. The increase of strength in that muscle is going to lessen the effects of sagging.

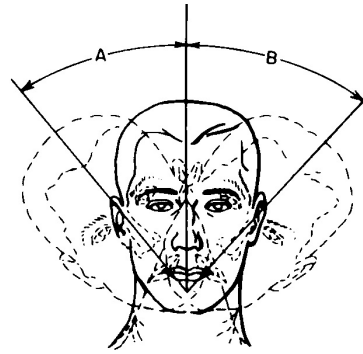
And to address the people that keep asking me in other threads "how to increase my neck width"

The increase in size of the sternocleidomastoid is whats adding overall width and thickness to the neck area as its the largest muscle in the neck, Its not a specific movement that's 'adding width' its just overall enlargement of that muscle especially. The SCM is being used in all of the movements just some more than others, and smaller muscles of the neck are being emphasized in other movements more than others also.

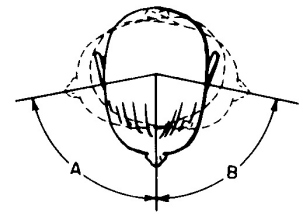
You have to remember the neck has 4 plane range of motion, doing only one of the movements is going to cause imbalances in the neck.



NECK FLEXION, DORSAL (A),
VENTRAL (B)



NECK FLEXION, RIGHT (A),
LEFT (B)



NECK ROTATION, RIGHT (A),
LEFT (B)

NECK MOVEMENT

	Average	SD
Ventral flexion	60°	12
Dorsal flexion	61°	27
Right-left flexion	41°	7
Right-left rotation	79°	14

RANGE OF MOVEMENT AT THE NECK JOINT*
*Male civilians.

Neck Training Thread: <http://lookism.net/showthread.php?tid=117>

Perspective & Focal Length: <http://lookism.net/Thread-Perspective-Focal-Length>

Find

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Gonzalitos ●
Member



Posts: 65
Threads: 15
Joined: Jun 2015
Reputation: 0

Find

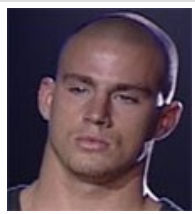
09-26-2015, 03:15 PM

#19

Neckbrah, if i don't have a neck harness, can i use Plates? Like putting a plate in my forehead and doing the exercises

It's fucking over.

Reply



Neck Brah ●
Senior Member



Posts: 429
Threads: 9
Joined: Jun 2015
Reputation: 406

09-26-2015, 03:41 PM

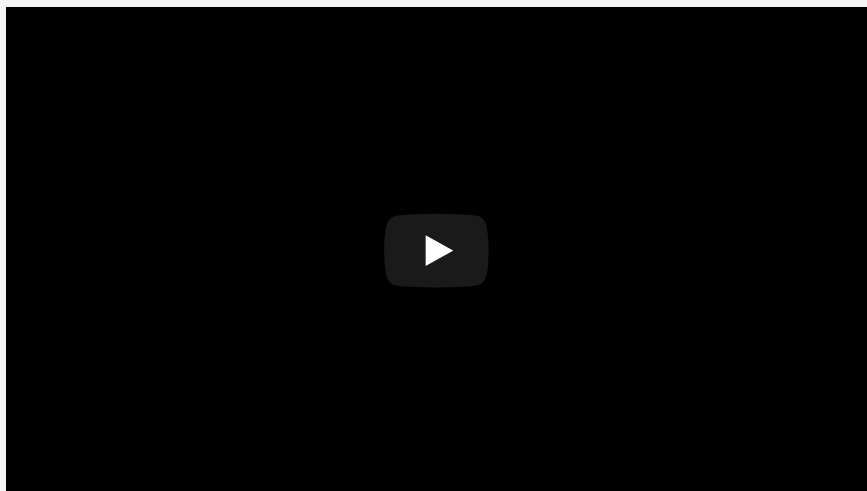
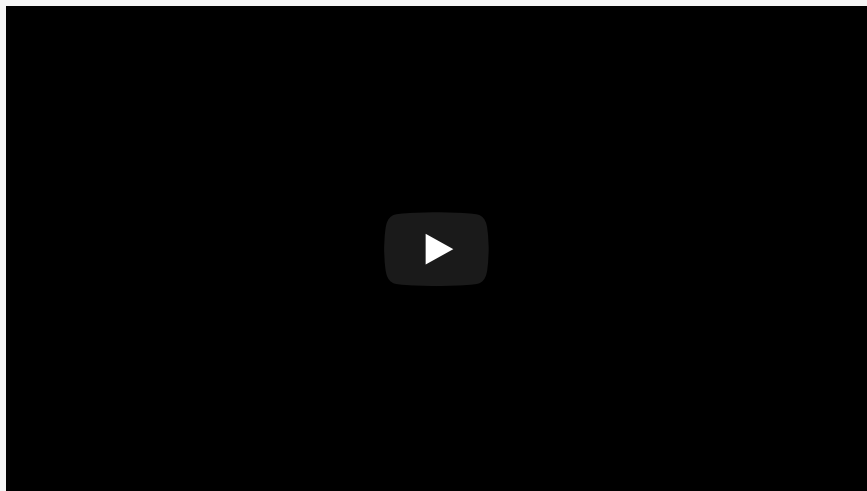
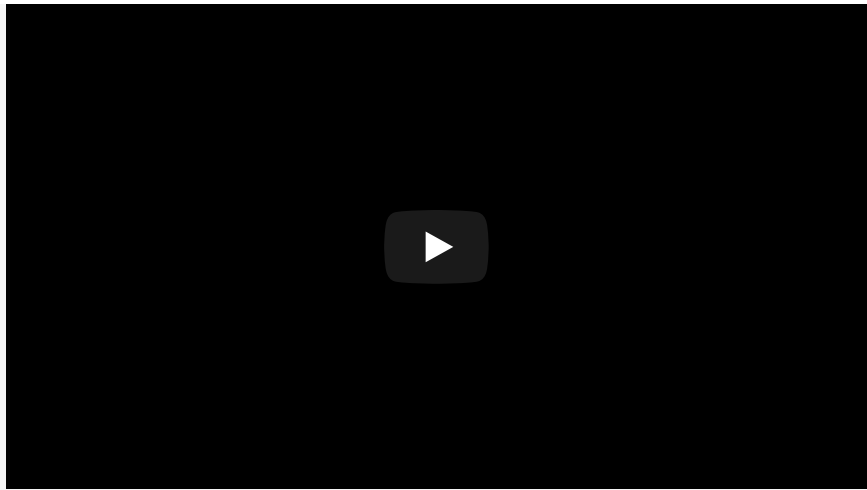
#20

Gonzalitos Wrote: →

(09-26-2015, 03:15 PM)

Neckbrah, if i don't have a neck harness, can i use Plates? Like putting a plate in my forehead and doing the exercises

Yes, doing any sort of neck training is better than nothing. But with plate method you will get to the point you find it too easy and progressive overload will become very awkward.

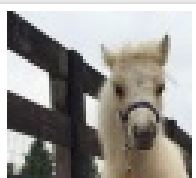


Neck Training Thread: <http://lookism.net/showthread.php?tid=117>

Perspective & Focal Length: <http://lookism.net/Thread-Perspective-Focal-Length>

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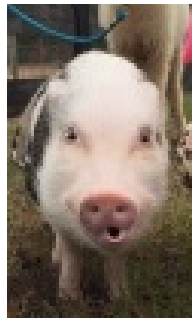


09-26-2015, 05:20 PM

#21

what do you think about this op

<https://www.youtube.com/watch?v=zvQTyHE2c5M>



HEROIN

Ultra Super Poster



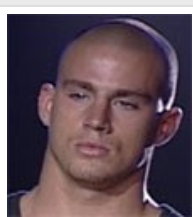
+ 100+ Reps

Posts: 5,378
Threads: 513
Joined: Sep 2015
Reputation: **373**
Tinder Matches: 5

Find



Reply



Neck Brah

Senior Member



Posts: 429
Threads: 9
Joined: Jun 2015
Reputation: **406**

Find

09-26-2015, 10:45 PM (This post was last modified: 09-26-2015, 11:04 PM by Neck Brah.)

#22

HEROIN Wrote: →

(09-26-2015, 05:20 PM)

what do you think about this op

<https://www.youtube.com/watch?v=zvQTyHE2c5M>

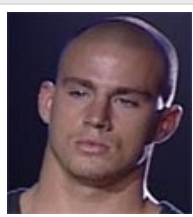
I have this video in the original post, and i also explain how you can progressive overload on neck bridges.

Its a good exercise but progressive overloading will become very awkward with this exercise

Neck Training Thread: <http://lookism.net/showthread.php?tid=117>

Perspective & Focal Length: <http://lookism.net/Thread-Perspective-Focal-Length>

Reply



Neck Brah

Senior Member



Posts: 429
Threads: 9
Joined: Jun 2015
Reputation: **406**

Find

09-26-2015, 11:14 PM

#23

Manuel Wrote: →

(09-26-2015, 10:58 PM)

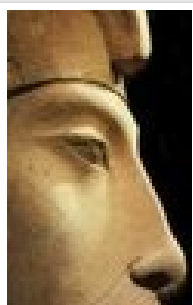
I've still never seen someone in real life with a thick neck at a low body fat, it truly is a rarity.

Because no one bothers to train their neck. For whatever reason its the most overlooked bodypart in the gymcel community but probably the most important from a looks standpoint, its best we keep them in the dark.

Neck Training Thread: <http://lookism.net/showthread.php?tid=117>

Perspective & Focal Length: <http://lookism.net/Thread-Perspective-Focal-Length>

Reply



09-29-2015, 09:00 PM

#24

Neck brah i have a question to you.Wont thick neck blend with the jaw from the profile view?

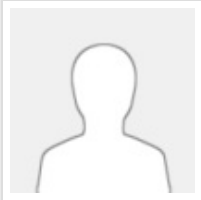


masseterGOD
Newbie

Posts: 38
Threads: 1
Joined: Aug 2015
Reputation: 0

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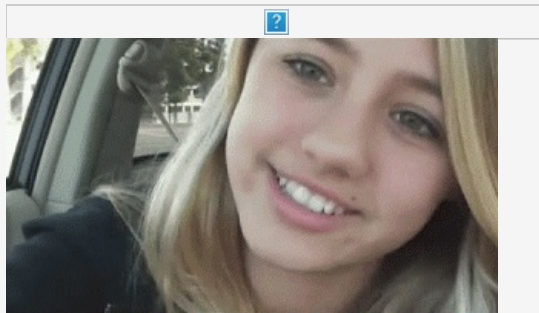
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09-30-2015, 04:40 AM

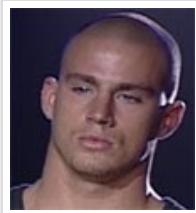
#25

FUCKING LEGIT.



10-07-2015, 11:05 PM (This post was last modified: 10-07-2015, 11:06 PM by Neck Brah.)

#26



Neck Brah
Senior Member



Posts: 429
Threads: 9
Joined: Jun 2015
Reputation: 406

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masseterGOD Wrote: →

(09-29-2015, 09:00 PM)

Neck brah i have a question to you.Wont thick neck blend with the jaw from the profile view?

If a persons neck is blending in with their jaw its because they aren't low bodyfat.

Quote:

what is the perfect width of the neck,should it be the same width as cheekbones or jaw line or even wider.

The optimal width is cheekbones or wider.

Neck Training Thread: <http://lookism.net/showthread.php?tid=117>

Perspective & Focal Length: <http://lookism.net/Thread-Perspective-Focal-Length>

10-09-2015, 11:33 PM

#27



Neck Brah Wrote: →

(10-07-2015, 11:05 PM)

masseterGOD Wrote: →

(09-29-2015, 09:00 PM)

lltvyr ●

Mega Super Poster



Posts: 2,403
Threads: 411
Joined: Jul 2015
Reputation: **573**

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Neck brah i have a question to you.Wont thick neck blend with the jaw from the profile view?

If a persons neck is blending in with their jaw its because they aren't low bodyfat.

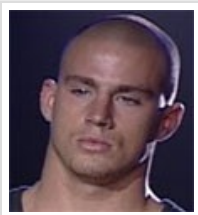
Quote:

what is the perfect width of the neck,should it be the same width as cheekbones or jaw line or even wider.

The optimal width is cheekbones or wider.

Or the person has a deficient mandible.

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Neck Brah ●

Senior Member

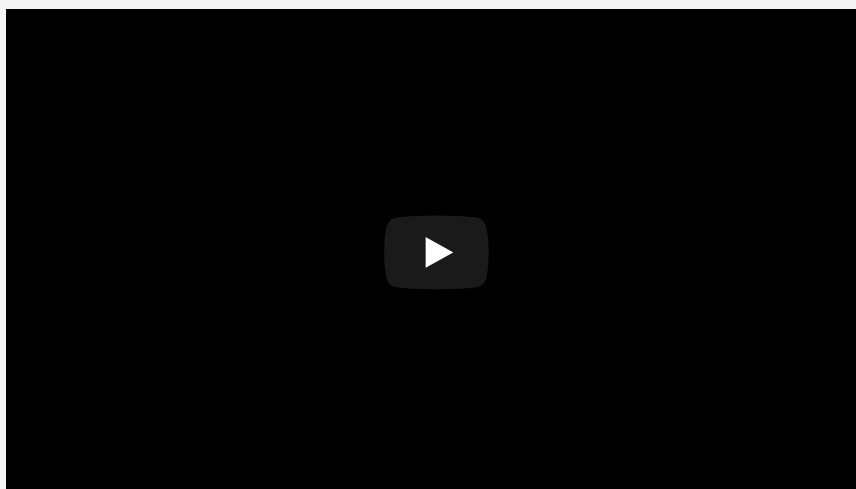


Posts: 429
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Joined: Jun 2015
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10-17-2015, 04:41 AM

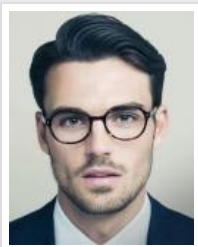
#28



Neck Training Thread: <http://lookism.net/showthread.php?tid=117>

Perspective & Focal Length: <http://lookism.net/Thread-Perspective-Focal-Length>

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rugby1233 ●

Ultra Super Poster



Posts: 4,150
Threads: 986
Joined: Jul 2015
Reputation: **3,005**

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10-17-2015, 08:27 AM

#29

Quote:

Extension 1-3 sets	8-12 reps
Flexion 1-3 sets	15-25 reps
Lateral 1-3 sets	15-25 reps
Rotation 1-3 sets	15-25 reps

@Neck Brah

I only do extension and flexion. Am I missing out much?

What is the rationale behind the rep ranges?

Which of the exercises do you think add the most to neck width? Lateral?

Thanks for this thread, this is probably the best looksmaking thing I've seen on net.

Reply

10-21-2015, 07:44 AM (This post was last modified: 10-21-2015, 09:22 AM by RiseOfASlayer.)

#30

Legit



RiseOfASlayer

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