

# PERFECT POSTURE

*In 30 Days!*



**By Vince DeMonte**

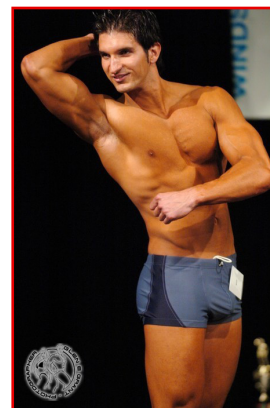
# IMPROVE YOUR POSTURE IN 30 DAYS

BY VINCE DELMONTE,  
AUTHOR OF NO-NONSENSE MUSCLE BUILDING & YOUR SIX PACK QUEST  
FOUND AT [www.VinceDelMonteFitness.com](http://www.VinceDelMonteFitness.com) AND [www.YourSixPackQuest.com](http://www.YourSixPackQuest.com)

## About The Author

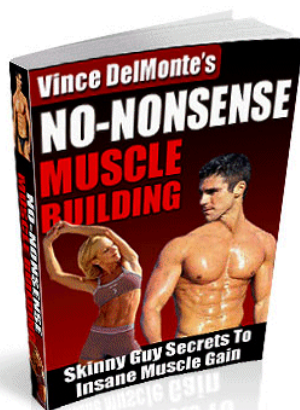
Unless you just arrived from the planet Mars, you have heard of Vince DelMonte at some point.

Growing up as an awkward, skinny, endurance athlete, he earned the nick-name Skinny Vinny and believed he had no muscle friendly genes whatsoever. After a tragic event in his life, Vince went on to gaining 41 lbs of rock-hard muscle in less than six months, which lead to his transformation being featured all over the Internet as well as the International fitness magazine, **Maximum Fitness**.



Currently Vince runs a personal training department of 15 full time trainers and is the most sought out trainer in his area. He entered the world of fitness modeling a few years ago and in his 3rd show ever, became a national fitness model champion. Vince currently writes for many of the biggest online bodybuilding and fitness magazines today.

His personal success story and thousands of client success stories inspired the creation of No Nonsense Muscle Building, the Internet's most popular online muscle building program of it's time found at [www.VinceDelMonteFitness.com](http://www.VinceDelMonteFitness.com) It is the only program that you can find that is endorsed by over 7 of the Internet's most reputable fitness experts.



Each day, Vince receives dozens of unsolicited success stories and spectacular before and after pictures from real-life users of the program, many that you can read and view for yourself on his [website](http://www.VinceDelMonteFitness.com).

Vince has been around long enough to prove his program is not another 'trend.' He has the best online muscle building course, the personal transformation story, the expert endorsements and the personal success stories to back up his claims.

**HE SEES NO REASON WHO YOU CAN NOT BUILD THE BODY OF YOUR DREAMS UNLESS YOU ARE NOT TRULY COMMITTED TO YOUR GOALS AND NOT WILLING TO PUT IN THE EFFORT...**

# INTRODUCTION

Your posture is absolutely the cornerstone of experiencing a healthy, pain free lifestyle. Optimal posture is also the foundation of any exercise program and the little extra edge that helps you demand respect, look sexier and stand out in a crowd!

Even though good posture has always been a symbol for confidence, vigor and poise, there is much more to optimal posture than looking good.

## WHY IS POSTURE IMPORTANT?

### 1. Keeps Your Body In Alignment

Poor posture results most commonly in rounded shoulders, the head falling forward, and protruding upper back. This may occur from too much sitting at your computer or TV, slouching while you drive or sit and poor body awareness.

This results in either shortening of certain muscles or weakening of certain muscles. This waterfall of tiny structural changes, which does not happen over night, slowly begins to shift the alignment of your major joints such as your neck, shoulder girdle, spine, pelvis, knees and ankles.

Consider your body like a car. What happens if you take your old beaten up car out onto a long road trip under hazardous conditions? What's going to happen when you start pushing this car that has unbalanced tires, malfunctioning parts, misalignment on the frame and missing parts? It's going to break down a few miles up the road!

This is why people with poor posture often injury themselves in the first few weeks or even first few workouts. They are training on with 'beaten up cars.' Consider the 30 Days To Improving Your Posture like an automobile tune-up. Once the car is tuned up, you will be ready to push it! If you do not address any poor posture issues then you will pay for them later.

### 2. Crucial For Your Health And Well Being

Your body's primary goal is to maintain center of gravity. Guess what happens when you are not properly aligned? Your body must expend much more energy to counter balance the pull of gravity it is resisting against.

This results in the common neck, back and shoulder pain, headaches and tiredness, because your muscles, ligaments and joints must take on the extra weight. This irregular stress can lead to osteoarthritis and degenerative bones. Fusion of the spine can occur to counteract the stress of the weakened spinal joints.

**Who would have ever thought that poor posture can speed up the aging process! How? Someone who is slouched all day will be compressing his or her body organs, which leads to lack of blood flow and therefore less oxygen carried to your organs.**

Oxygen plays the critical role of maintaining the health of your major body organs and your major body organs are what keeps you alive and functioning from day-to-day. In extreme cases, poor posture can lead to a ruptured disk or herniated disk when moving the wrong way or exercising with certain movements.

**When your disks become 'pushed out', your central nervous system is longer going to be able to send the signals from your nerves to your muscles meaning you will not be able to perform you everyday activities as efficiently and effortlessly.**

Your mom knew what she was talking about when she told you to “stand up tall!” She knew that standing up tall could improve your breathing, circulation, energy levels and maintain healthy organs. All of which help lower stress levels. No wonder the hunch back at your office is constantly stressed out!

The majority of medical complaints such as headaches, neck pain, back pain, knee pain and depression can easily be corrected with the 30 Days To Improving Your Posture program. Interestingly, most patients are not easily convinced that “It’s just a posture issue...that sounds too basic...” They want pills, MRI’s and ‘second opinions’ when simple posture improvements are most likely the long term solution.

### **3. Increases Confidence and Sexiness**

Next time you go to the grocery store or mall, take notice of the others walking around you. Take notice of all the people who walk hunched over, and slouched - they appear beaten down by life. They walk defeated and bored with life. They give off a negative energy which can be very toxic.

Now take note of the people who walk tall and sit up straight - they appear powerful and confident. You can imagine the difference this makes in personality and how others react to them. Walking around town slouched and rounded forward does not give off an impression of authority or certainty. It does not give off the impression of sexiness and attractiveness.

Even if you are not the most outgoing or self-assured person, simply positioning your body in an upright, strong manner, you will send the signal that you are proud of yourself and others will treat you the same way!

## **YOUR FIRST 7 DAYS TO IMPROVING YOUR POSTURE**

# PRIORITY #1 FOR DAYS 1-7

## IMPROVE POSTURE BY STRETCHING SHORTENED MUSCLES

Improving posture requires lengthening shortened muscles and strengthening weakened muscles. Let's begin with lengthening shortened muscles with a flexibility training program which you will dedicate the next seven days to doing daily.

### Lower Body Stretching:

1. Low Back (Lying)



2. Letter T Stretch



3. Kneeling Hip Flexor Stretch



4. Side Lying Quad Stretch



5. Supine Hamstring Stretch



6. Gluts/Piriformis Stretch



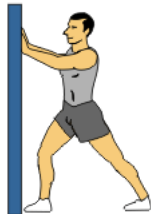
7. Double Leg Straddle Stretch



8. Tensor Fascia Latae Stretch



9. Forward Lunge Calve Stretch

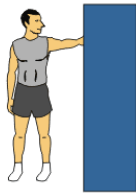


## Upper Body Stretching:

1. Trapezius Stretch



2. Chest Stretch (doorway or wall)



3. Anterior Shoulder Stretch



4. Back Stretch (wall)



5. Quadratus Lumborum/Lat Stretch



6. Seated Lateral Stretch



7. Forearms (kneeling)





## HOW TO CUSTOMIZE YOUR STRETCHING PROGRAM BASED ON YOUR POSTURE:

Below are some of the most common flexibility issues which can affect the major joints. Remember, your connective tissue (muscle, tendon, ligament) all attach on to your bones and your bones form joints. If certain muscles become too tight then certain joints will be pulled out of alignment.

**Here are some of the most common ones to customize the stretching program around:**

### **ANTERIOR PELVIC TILT:**

If your pelvis is tilted forward then expect to do more stretching on your quads and hip flexors.

### **POSTERIOR PELVIC TILT:**

If your pelvis is tilted posteriorly then expect to do more stretching on your hamstrings.

### **SLIGHT OUTWARD FOOT PLACEMENT:**

This is a sign of tightness in the Tensor Fascia latae (TFL) and iliotibial band (ITB) on the lateral part of the thigh.

### **SEVERE OUTWARD FOOT PLACEMENT:**

Same as above but probably also tight adductors (inner thigh muscles). Get ready to stretchout your TFL, ITB, adductor's and hip flexors.

### **LIMITED RANGE OR POOR OVERHEAD SQUAT TECHNIQUE:**

If you can not squat down below parallel, feet a little wider than shoulder width, to the floor holding a broomstick over your head with a flat back then you require some flexibility work around your shoulder, hip and ankle joints. Most can not do this while keeping their back flat, head up and arms in line with their spine. This calls for some serious stretching around the hip flexors, quads, calves, chest and shoulders.

**If you have a condition that you feel is not addressed then seek out a qualified therapist to eliminate any potential injury. Not all perceived flexibility and muscular issues are actually a result of poor range of motion or lack of strength. Oftentimes a muscle will not 'fire' or do its job because of a nerve problem (nerve entrapment will make the respective muscle unresponsive), or structural problem.**

This could mean the joint is not holding or not in alignment (*pelvis out of alignment, one leg longer than the other, unknown shoulder separation etc.*). If you are in doubt of a lagging body part or nagging injury, feel free to contact me to troubleshoot the problem and I will make the best recommendation as to which steps to take.

**I highly recommend seeing a competent injury treatment professional such as a chiropractor, ART therapist, and/or massage therapist that can ‘clean up’ any abnormalities that would be outside of your own scope of correcting.**

Seek out an assessment from a competent therapist and have them treat the cause, not the symptom. You are wasting your time and money if the therapist fails to determine the cause of the current condition. Not correcting the root cause will lead to further occurrences of this condition in the future.

### **BONUS TIPS:**

*\*To receive the full benefits of stretching you should eventually incorporate this into each of your workouts.*

*\*\*It does not matter whether you stretch before or after your workouts. Personally I find stretching to be a relaxing activity so it kills my ‘edge’ before I have to train hard so I prefer to stretch after a workout. The bottom line is that you find time to stretch and you make this next seven days a high priority to get into a groove.*

*\*\*\*\*Hold each stretch for a minimum of 60 seconds per side – this is called good old-fashioned static stretching. Build up to 2-3 minutes per side on areas of attention. Yes, that will be almost one hour of stretching a day if you perform upper and lower body each day.*

*\*\*\*\*\*Spend more time on the areas that are tighter and don’t hold yourself to the above recommendations. If you feel you would benefit from stretching your hips flexors for up to 10 minutes then go for it.*

**Stretching is one of the only things where more is better.** Oh yeah, don’t stretch with a stopwatch either. Stretch for RESULTS. Just like your weights and cardio - you should be increasing your range of motion each week. Go somewhere quiet and get into a relaxed zone. Your body will thank you dearly!

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