

# The Secret of Gorgeous Definition



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## Introduction

The formula explained in this eBook will enable you to achieve gorgeous definition in your body.

It's very easy to learn, and noticeable results can be achieved quickly, without sweat or injury.

To date, only 8000 people know about this formula which means to most of the world, it still remains a secret.

It is unquestionably one of the most effective ways of lifting, shaping and toning the body, and restoring optimal physical condition.

Testimonials can be read online, and many additional benefits can be achieved over and above what is mentioned here, but for now let's just keep things in perspective.

What is the secret to creating gorgeous definition in your body?

The answer is easy. You simply make sure the fitness program you're practicing incorporates all of the following elements.



# One

The fitness program you practice must include skeletal alignment corrective methods, and principles that ensure your workout is symmetrical.

In order to achieve gorgeous definition, your muscles must be lengthened to their full capacity **while you are exercising**. If you fail to include this important element, you run the risk of creating muscular imbalances, reducing muscle functionality, and promoting injury.

Creating gorgeous definition is only possible when the muscles being conditioned are held at full length, and you work your body symmetrically across all sagittal, frontal and transverse planes. And since full muscle length is only possible when your skeleton is in its correct alignment, you must therefore ensure the program you practice pays particular attention to the corrective alignment of your skeleton.

To be complete AND effective, the skeletal alignment work incorporated should include instructions for corrective adjustments to your feet, knees, pelvis, spine, bottom of rib cage, chest, shoulders, back of neck, chin and crown. If any of these areas are ignored, you will not get your best results.

# Two

The fitness program you practice must guide you safely into the centre of all of your core muscles.

Most fitness disciplines use the term 'core muscles' or 'strengthening your core' inappropriately, when in fact the methods used only access your surface muscles.

To achieve gorgeous definition the program you practice must access all of your core muscles, including the deeper muscles which underlie the larger surface muscles.

How will you recognise when a program accesses all of your core muscles? Look for these elements in the program you practice:

- a. Instructions for how to access the centre of each of your core muscles **individually**.
- b. Instructions for what to do once you have each individual core muscle in isolation.
- c. Technique and safety tips to ensure you are working effectively.
- d. Instructions on how to exit each position safely.

When you have access to the right instruction, you will be able to sculpt your body from the inside-out with accurate precision.

# Three

The fitness program you practice must allow you to apply 100% of your energy into the muscle you are working.

Most fitness disciplines involve movement and that means only a limited amount of your available energy is actually reaching the area you want to condition. For example, sit-ups waste 80% of energy raising and lowering the upper body, and only about 20% reaches the abdominal muscles.

For exercise to be effective it must allow you to channel 100% of your available energy into the area you are working. This means for best results the exercise you choose should be stationary, and movement should be no larger than the muscles own contraction (approximately 1-2 millimetres).

Stationary positions will allow you to reach deep into the centre of all of your core muscles with isometric engagement where you'll be able to condition your body in all three dimensions. Stationary positions also have a lower risk of injury, which means you'll be able to relax and focus more on what you are doing and see results much faster.

# Four

The fitness program you practice must include a stable platform from which to lengthen, strengthen, and sculpt your body out from.

When exercising, you must work outward from an internal stable platform otherwise you'll be making poor use of your exercise time and increasing your risk of injury.

Only one muscle group in the body is capable of drawing all other muscles in the body inwards to form a stable platform from which you can work effectively from. It's called the 'pelvic floor' and when used correctly it has the ability to engage and stimulate every muscle in your body independently and collectively. It can do this because of where it is located and because of how the muscle layers uniquely crisscross over one another forming the strong supporting floor that carries the weight of the torso and abdominal organs.

When you use your pelvic floor you'll feel stronger, physically more stable, and dynamically-alive on the inside. You'll also be able to do some clever new tricks with it which help stimulate motor-relearning so improved muscle behavioral patterns can be established.

Sadly this muscle group is mostly taught incorrectly (*yes, even by pelvic floor specialists*) which means you'll probably have to forget everything you've been told in the past and start fresh by finding a program that teaches you how to access and strengthen your pelvic floor muscles correctly.

The good news is that by performing stationary isometric exercises, correct engagement of your pelvic floor can be easily recognized, and because the muscles are small they strengthen quickly.

# Five

The fitness program you practice must address your brain, muscles and skeleton, at the exact same time.

Practicing a neuromusculoskeletal (brain, muscle and skeleton) combined formula is the only way to achieve reliable muscular conditioning and gorgeous definition.

Muscles can only be conditioned reliably when they're lengthened in the body's true alignment. This involves adjusting the alignment of your skeleton where necessary and maximizing the length of your skeleton so you have unobstructed access to all helical bone, joint and muscle structures.

Only when your muscles are lengthened in their true and natural state can you then apply practice techniques that effectively release muscle tension and stimulate muscle ON/OFF contractions to reliably change muscle behaviour, condition and form.

Only when the program you practice is neuromusculoskeletal will longer-term 'retainable' results be possible. This is due to the promotion of motor-relearning available only when the brain, muscles and skeleton are being addressed collectively, at the exact same time.

# Six

The fitness program you practice must promote healthy breathing.

Breathing correctly while you are exercising is important for a variety of reasons, but the most important reason is to do with the vital role oxygen plays in transforming the shape, tone and condition of your muscles.

Only when you breathe correctly will you be able to relax, and only when you are relaxed will you be able to feel what is going on inside your body to make the necessary adjustments you need to achieve your best results.

With your blood-flow sufficiently oxygenated, the muscle you are conditioning will be able to relax and participate in the controlled contraction and release process, necessary for improvement.

Practicing healthy breathing techniques will also help you to remain calm and in full control of your exercise activity. You'll feel more balanced and less anxious.

# Seven

The fitness program you practice must be sustainable.

If exercise is hard work or if it takes too much time, you're likely to give up easily and not retain the results you've achieved.

To remain in good shape, look for a fitness program that promotes visual motor-rehearsal. This means selecting a program that stimulates your muscles to contract and release, and stay conditioned by simply thinking about exercise.

The only way you will be able to achieve this is to ensure the program you practice promotes motor-relearning by addressing the body in a neuromusculoskeletal (brain, muscles and skeleton) combined manner.

Following repetition of practice, you will find when you think about familiar exercise positions the same muscles are stimulated as if you are performing the exercises.

Ensure the program you practice has this component and any work you perform now will be an investment towards you retaining great shape throughout your aging years.

If what you are practicing has both immediate and long term benefits like this, you're also more likely to stick at it.

Where will you find a program with all of these elements?

Check out: [www.futuregym.net](http://www.futuregym.net)

## What can I tell you about the FutureGym program?

After teaching this formula directly 'face to face' to more than 5000 people over the last ten years, I can confidently say that when you learn FutureGym exercise and recognise how easy the formula is to practice and the huge difference a few minutes of practice each day makes to your body, you truly won't want to do anything else.

The best thing about FutureGym is 'the program is comprehensive and the results are immediate'.

You don't have to go anywhere or to see anyone or have them visit you. You don't have to get changed into fitness clothing or use fitness equipment. You don't sweat, you don't have to shower, and once you've learnt the positions you don't even have to stop what you're doing. Many of the positions can be practiced during every day activities, and since they don't involve noticeable movement, you can be lifting, shaping and toning your body whenever you want to, without anyone knowing you're doing it.

The second major benefit would have to be the long period of time that you get to hold onto your results. Fitness from the inside-out not only works faster, it last much longer! I've had students reporting it can take up to 6 months to lose their conditioning once they stop exercising. Compared to traditional exercise, this means retention is about 21 weeks longer which is truly amazing, and makes FutureGym the perfect solution for people who are bedridden or have to undergo surgery because they can hold onto their strength and conditioning throughout their healing process.

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