



## The 8-Minute Flexibility And Mobility Routines

Unlock Your Spine, Joints & Muscles ...Enjoyed By Over 750,000 Beginners  
And Athletes Worldwide

**Real People, Real Results  
Achieved With THIS Program**



"I didn't care about splits but this helped my tight hips, hams and lower back a lot!"

**Mary W., 55**



"Despite double hip replacement, this smart 4-week program made my back feel like new."

**Jean-Luc O., 71**



"What yoga didn't deliver in 3 years this program did in just a few short weeks."

**Katka Z., 45**



"Best decision I ever made. This method builds flexibility and strength in a simple and truly unique way."

**John W., 71**



"I now have much more power and more flexibility in my hips and pelvic floor muscles!"

**Patsy T., 72**



"My physio said due to my fibro I'll never be flexible. This program proved him wrong."

**Peter S., 55**



"A dream come true at the age of 90! I feel lighter on my feet, my back never felt stronger."

**Anne O., 90**



"I only wanted to touch my toes and it happened in about a week. Interesting approach."

**Rod K., 48**



"Just 3 times per week per body part and the feeling after each session is always so satisfying."

**Leila L., 77**



"Best decision I ever made. This method builds flexibility and strength in a simple and truly unique way."

**Cathy R., 59**



"This totally removed my sciatica and I was only doing the front split program."

**Pam L., 43**



"I was so skeptical due to my recent hip replacement, but I decided to give it a go. I'm glad I did."

**Sue C., 58**

### **Main Benefits You'll Enjoy!**



#### **Reduced Stiffness & Tension**

If your back, hips or spine are giving you hard time, my stretching program can help. For all three body parts above, I recommend following my lower body routines. Why? Because your hamstrings, adductors and hip flexors support your entire body and are often the most direct solution to tightness. Once you start building your flexibility from the ground up, results can come pretty quickly.



#### **Improved Posture**

Pelvic tilt, hunched back and forward head posture mostly come from incorrect way of walking, standing or sitting and in general, from sedentary lifestyle. These issues can cause loss of flexibility and growth

of muscle tightness in almost any body part. Good news is, once you improve your flexibility and strength this can be repaired.



### **Improved Circulation**

Many people think stretching is not an intense form of exercise and has no impact on conditioning. But they they're far from the truth. This flexibility program includes gentle dynamic and isometric strength exercises that can have beneficial impact on your circulation without heart-rate overload.



### **Faster Yoga Progress**

Although this program does not contain any advanced yoga poses, it will make major lower and upper body muscles flexible which will in turn speed up your progress in yoga. You may be able to do advanced asanas sooner than you think.



### **Reduced Post-Workout Soreness**

If you're into weightlifting or CrossFit, proper stretching can deepen your squat, ease-up your shoulders and help you exercise in full range of motion. Stretching can also help you avoid injuries, reduce post workout soreness and speed-up recovery so you can hit the gym with more energy.



### **Improved Sleep**

If you can't sleep because of your back or because you just have too much on the plate in your life right now, stretching before bed (which is actually the best time to stretch) can help fall asleep before you know it and sleep the entire night without disruptions.



### **Better Running, Cycling & Golf**

If you need more speed and stamina, this program can help you. Become more relaxed and you'll be able to run longer distances by conserving your energy while running. Plus, the program can help your fully relax your quads and hams right after your foot leaves the ground when running... and increase length of your strides when sprinting, so you you'll cover more distance.



### **Hip Replacement Recovery**

Stretching is necessary part of rehabilitation process. Stretching can reduce swelling, decrease pain, improve range-of-motion, build strength, challenge balance, and develop endurance. With proper stretching, you can regain your original or even better mobility, strength and flexibility within 4 to 8 weeks.

### **What's Causing Muscle Stiffness?**

Splits, forward bends, back bends, full squats and the ability to interlace your fingers behind your back are displays of natural range of motion we



all once had as infants, but lost it for various reasons over time.

There are many causes of muscle stiffness ranging from **lack of physical activity, incorrect way of sitting or standing, hard physical work and heavy strenuous exercise.**

Unfortunately, sooner or later muscle stiffness often manifests as pain especially in neck, lower back, spine, shoulders or hips.

Proper stretching is **the best non-invasive solution** that can help you get back to living a pain-free life. What's more, it can even get you in a great shape so you can restart your active life.

Especially this science-based stretching program **doesn't require more than 8 minutes per day** and it doesn't only develop your flexibility but muscular strength as well.

You can **save a lot of time** because there's no need for you to travel to gyms or yoga studios. You can follow the program while watching TV or listen to your favorite music.



### Facts You Didn't Know...

- You'll gain more flexibility faster when you train your central nervous system instead of merely trying to stretch your muscles
- Stretching the same muscle every day can actually decrease your flexibility, 3 times per week is optimal frequency
- You can gain more flexibility faster if you build both muscle strength and flexibility simultaneously
- Muscle can be stretched up to 130% of its resting length, which is more than enough for full splits

### Proof You Have Full Split Potential

Although **doing full splits is not necessary to experience all the beneficial effects of enhanced flexibility**, they are not difficult to achieve. Splits are attractive poses many have always dreamed of achieving and they can be great motivation to start with stretching.

Every person can get into the two positions shown below and they are the 100% proof your hips are flexible enough to display full front, straddle and side split. So the only thing left for you to achieve full splits is learn how to control the muscle survival reflex that protectively contracts your muscles every time they are stretched beyond their usual daily range of motion.

### **Front Split Test**



Everyone can create between 160 to 180 degree angle between his or her front and rear thigh, which is enough for full front split. Reason why we all have this range of motion is because in ancient times, it helped people run faster from predators, covering more distance with long strides while sprinting. So what's left for you to do is to make your hamstrings and hip flexors bit more flexible.

### **Side Split Test**



Slide your your left knee sideways forming a 90-degree angle between your left thigh and upper body. Your left inner thigh should be less than 1 inch from or fully touching the floor. Since your left adductor and left hip is independent from the right, if you can do this with each side independently, you can also do it with both sides simultaneously which in fact is a full split.

### **All Age Categories Are Welcome**

You can develop and maintain flexibility at any point in your life. Aging is one of the main factors causing stiffer tendons and ligaments, a loss of muscle tone and decrease of muscle flexibility.

Being able to **work in your garden or at home, play with your grand kids or easily pick up anything from the floor** are those things easily achievable with proper stretching.

Flexibility problems are noticed in the hamstrings and hips first. These areas start to tighten up, and can affect your daily activities, movements and athletic performance.

This flexibility method can help you **regain ease of movement, stand taller and feel strong and stable, yet flexible.**

**Often, it only takes one single session** to feel the effects and see initial results of flexibility improvement.



**STARTING POINT DOES NOT MATTER**

### **Suitable For Every Physique**

Flexibility is available to anyone. You can achieve the very same results as anyone else who puts this stretching method into practice.

Sumo wrestlers eat up to 7,000 calories a day and use the very same flexibility principles upon which this method was built and all of them have become highly flexible.

Which is why there is no excuse for saying you're too busy to start with stretching. Each session doesn't take more than 8 minutes to complete.

And there is no excuse for thinking it's too late for you either. **You don't need to change your nutrition or your eating habits** and you can still regain the flexibility you're after.

In fact, **you will see that in some of the exercises, weight is kind of helping you get deeper into the stretch.**



### **Why This Program Is So Unique**

Unlike conventional methods that focus on simply stretching a muscle, this unique method also trains your muscle survival reflex.

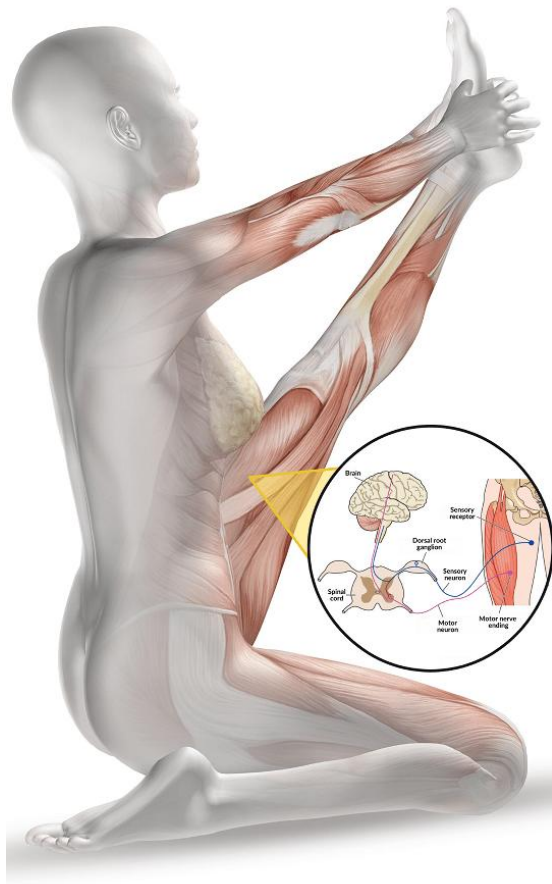
At any given moment, muscle flexibility and muscle contraction is controlled by your brain. Main function of this control mechanism is to prevent muscles from becoming damaged or injured.

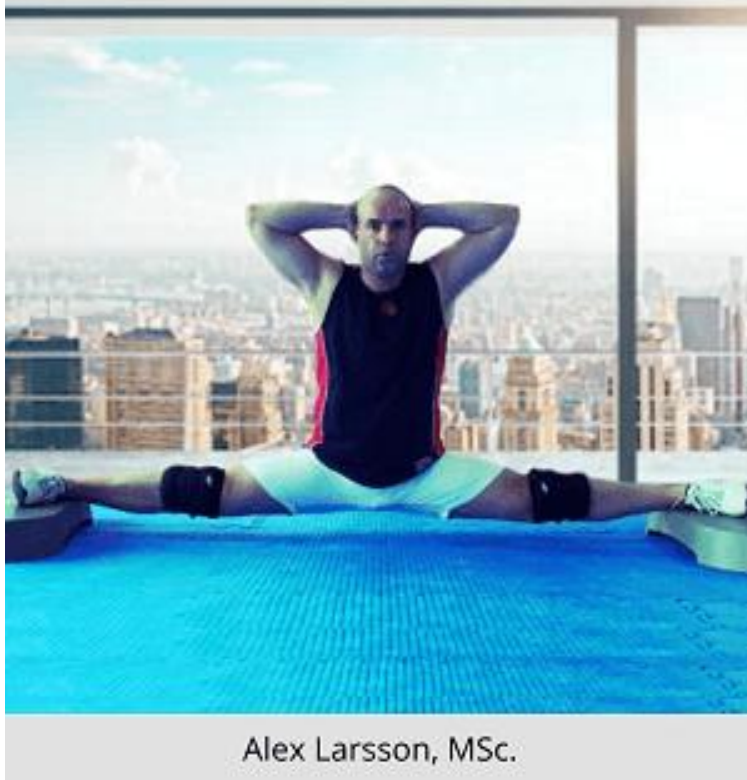
This is done by two mechanisms called survival reflexes. Here's a quick example how they work.

**When a muscle is stretched beyond its usual, daily range of motion,** an impulse from spinal cord is immediately received by the muscle to contract, in order to avoid injury or damage. This stops you from stretching deeper. In science this reflex is called myotatic reflex.

**But there is also an opposite reflex** call inverse myotatic reflex that protects your muscles from excessive contractions. For example, when you bench press weight that your muscles can't handle, sudden relaxation of muscles activates upon development of excessive tension. The barbell quickly ends on your chest.

You're probably getting the idea already. Since muscular contraction is followed by deep muscle relaxation, this program uses muscular contractions and **makes you more and more flexible** within one single stretching session and **from one session to the next.**





Alex Larsson, MSc.

### **Why Should You Listen To Me?**

Hi, I'm Alex Larsson and I used to work in the office for decades. I used to spend over 10 hours behind my computer every day. Until one evening, after 12 hours of sitting behind my desk, I was struck by a horrible cramp in my lower back, hips and thighs that just didn't go away.

I was told it could take months of rest until I recover and get back on my feet. **Luckily, what I discovered helped me and others recover much, much faster...**

So trust me when I say... **if your job or sport requires unnatural moves or prolonged sitting, flexibility is not optional. It's NECESSARY.** I'm only telling you this because I used to think that I could get by without exercising.

Over the next 6 months, I must have spent at least thousand hours looking up everything I could find about possible solutions to my



problem.

Within my limitations, I tried absolutely everything I could find.

But none of it actually worked. I was so close to accepting that no one and nothing could improve my condition. Until I delved into the science of stretching...

**More Results From Users  
(Swipe Right To Left)**



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