

THE SMALLER TO TALLER COMPLETE PACKAGE!

Welcome and thank you for joining our complete online package!

We have compiled a lot of information into this program.

Please read through each section thoroughly in order to gain a solid understanding of the material.

We are continually updating our program to provide you with the latest information and new tips and techniques as they become available, so please be sure to re-visit the member's area often.

We frequently receive emails from members who have had **great success** from using the information you're about to uncover.

We hope to open our email in the near future and read a great success story from you.

So let's get started! Please review the statements below and once you are ready to begin, **use the navigation menu** on the left to view each section of this online program.

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PROGRAM OVERVIEW

The following information is intended for anyone interested in increasing their height. Use of this program, coupled with proper diet and adequate rest, should yield the results you desire. Of course, as with any exercise program, results will vary. Please note that this program will not change the genetic makeup of your body but will rather maximize your body's full potential to increase your physical height.

Some of the key factors that will be covered are exercises, proper nutrition, natural supplements, human growth hormone, breathing, proper rest and weight control. There are a lot of factors that come into play when it comes to height. Genetics is of course a major factor; however, since we can't do anything to change that, we will not address that part of it. But the good news is that there are many other factors which influence your height that you can control and these will be the focus of our program.

In many cases, you can add up to 2 inches (5 cm) to your existing height. More dedicated people can even add up to 4 or more inches (10 cm) to their height. Our program takes approximately twenty minutes and can be done at any time of day - even while you watch television.

Lastly, our program does require some dedication on your part. Our program is easy to follow and the exercises are quite easy to perform. What you put into this endeavor is what you will get out of it. Dedication, persistence, and enthusiasm are the key factors.

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THE PROPER ATTITUDE

As we mentioned before, in order to succeed you have to apply yourself to the program and be persistent. Omitting one or more segments of this program can mean the difference between success and failure. To succeed we know you have to be dedicated to the program and perform each exercise in its entirety.

We have found that a positive attitude is the key to achieving real results with our program. To help you, we have carefully developed a highly flexible program which you can tailor to your own special needs.

A lot of people fail at gaining height simply because they start off with an abundance of enthusiasm and energy only to quit within 1 or 2 weeks because they over did it. Another reason people fail is because they don't make a commitment to perform the program on a consistent basis as recommended. Sporadic use of the program will not yield the results you desire. If you must skip a day, make sure it is scheduled to be an "off" day.

Remember, you will maximize your results if you try to make your height increasing program a habit. Make it a regular part of your regular routine and have a positive attitude and you will achieve the results you want. We guarantee it. Now let's get taller!

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BACKGROUND

So what are the major factors when it comes to height and gaining height?

- Genetics
- Nutrition
- Exercises
- Human Growth Hormone
- Growth Plates
- Sleep
- Deep Breathing
- Massage

You can't control your genetics, obviously. And you can't change or control when your growth plates fuse or close, either. Usually this happens between the ages of 18 - 22. You can still grow after that, but it requires more effort.

So what can you control?

The focus of our program is on the growth factors that we can control.

First of all, we'll provide you with a comprehensive and proven regimen for increasing your height through exercise and stretching. Secondly, we'll discuss the importance of proper nutrition and proper rest. Finally, we'll show you exactly how you can quickly and easily boost your body's levels of growth hormone to spur incredible gains in height. In addition, we'll also discuss the benefits of deep breathing and targeted massage.

With our program, you will have the opportunity to customize the exercise portion of our program to meet your needs while using many of our other tips and suggestions to further maximize your growth potential.

As far as nutrition is concerned, we will show you the proper diet you will need as well to achieve growth - plus a secret, yet common, food that many of the tallest people in the world eat.

As you will see, there are many factors relating to height that you can control and improve to gain the added height you want.

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HEIGHT STATISTICS

Did you know that the country with the tallest people overall is the Netherlands?

Males average 6 feet (183 cm) and females average just over 5 feet, 7 inches (170 cm).

The average American male height is 5 feet, 9 inches (175 cm) while the average female height is 5 feet, 4 inches (163 cm).

The Dutch may have the tallest country, but the tallest people in the world reside in an Eastern European republic called Montenegro which is part of the country of Serbia and Montenegro (the former Yugoslavia). If Montenegro were its own country, it would have the tallest people in the world. And the Dutch wouldn't even be close.

The average male height in Montenegro is 6 feet, 3 inches (191 cm). The average female height is just under 5 feet, 11 inches (180 cm). The average female there is taller than the average American male!

Other Facts:

There are over 5.5 million American males that are 6 feet, 2 inches (188 cm) or taller. 1 in 7 American males is 6 feet (183 cm) or taller, about 15% of the population. 1 in 2 Dutch males is 6 feet or taller, 50% of the population. There are over 1.5 million American females 5 feet, 9 inches (175 cm) or taller. The average Japanese male is 5 feet, 5 1/8 inches (165 cm) tall. Each generation seems to be getting taller. The main factor in that is nutrition, which we'll discuss in a moment.

Economic Status vs. Height

Is there a correlation between economic status and height?

The answer is yes.

On average, wealthier people are a few inches taller than poorer people based solely on nutrition. Generations ago, the differences in height between wealthy and poor were even more pronounced since poor people had such horrible diets. The gap in nutrition between wealthy and poor has closed

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significantly in recent generations but it is still a factor, particularly in 3rd world countries. Yes, the height gap has also closed but has not completely caught up.

Even today, wealthy people are still taller and many experts believe that this can be attributed to genetics. You see, over the years, the wealthier class has built up a genetic height advantage based primarily on their diets.

So you may wonder, why do some wealthy nations such as Japan and other Asian nations still lag in their height? A lot of that has to do with the types of food they traditionally eat. Although the Japanese are still way shorter than Americans and Europeans, they are slowly catching up and growing at a faster rate.

The reason? Their diets are changing. The Japanese have recently passed the Chinese and for the first time in history they are now taller than the Chinese. And this is directly attributed to the change in Japanese diet.

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NUTRITION OVERVIEW

Proper nutrition and supplements are very important for growing taller. Leaving them out or dismissing them as not as important as the exercises is not a wise move. Nutrition is the main reason why the Dutch are so tall and why the Japanese have grown 3 inches (8 cm) in average height in the last 50 years.

The average height of these nations tells us a lot about the health and nutritional standards of these people. The critical stages in growth are the first year of life and during puberty. If you are well nourished and eat and drink the right things, you will be setting yourself up to grow taller and maximize your natural height.

The Japanese used to have a diet consisting mostly of rice and corn and other high carbohydrate foods. The problem with that is that protein is absolutely essential for growth, and they had very little of that in their diets. Since they are gradually eating a more Western type of diet, they have been growing taller since World War II. As part of this program, you will want to eat a diet that consists mainly of meat and dairy products such as milk, eggs, cheeses, and yogurt.

Remember that "secret" food we mentioned earlier that many experts attribute as the secret growth food of the people of Montenegro? Well, that food is yogurt. Yogurt is an excellent source of protein and full of essential vitamins and minerals.

One thing about the Western type of diet that you don't want to include in your diet is a lot of saturated fats. 150 years ago, North Americans were the tallest people in the world. Even back as far to the year 1750, North Americans were the tallest people with the average male being 5 feet, 8 inches (173 cm) tall. That was 2-3 inches (5-8 cm) taller than the average North European male. Over time, North Americans have gotten taller, but the Dutch and Nordic countries such as Norway, Sweden, Finland, and Denmark have surpassed them because they have a diet consisting of fewer saturated fats.

There are a few other reasons why North Americans have not grown as quickly as their European counterparts. In the past, North Americans were relatively isolated and had fewer problems with diseases than Europeans. In addition, the abundance of wildlife in North America gave North Americans a dietary advantage as well with greater access to protein.

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Today, the United States has a population of approximately 300 million people with over 10% of the population being foreign-born, usually from Third World nations which have a worse diet than Americans. This has contributed towards the downward trend of the USA height average.

Look at the republic of Montenegro. They have about 600,000 people and are relatively isolated with a diet that has a lot of dairy products in it. They are a hardy mountainous people who keep fit. They built up their genetics through diet and fitness over the years while maintaining a low population. Even though they are relatively poor, they have had fewer children. Since having lots of people/children puts a downward trend on heights. When you spread out having a lot of kids over a population, usually the poorer class will have a greater majority of kids. And as a result, the average height of a nation as a whole becomes lower over time.

When a nation hurts itself nutritionally over a few generations, most of the people won't reach their maximum height. Eventually that will show up in the genetics of the people. So it becomes a 1-2 punch. The good thing is, you can overcome your genetics and usually add 2 - 4 inches to your height.

Vitamins and Minerals

To maximize your height, it's very important that you receive the recommended daily allowance for all major vitamins and minerals. A good daily multi-vitamin will help you to ensure that you get all of the nutrients you need. In terms of height, calcium is essential for bone growth. Also important are magnesium, chromium, and zinc - all of which aid in bone growth.

The best sources for calcium and zinc are milk, yogurt, eggs, and meat. The best source for chromium is meat. For magnesium, it's easiest to get your daily dosage from a mineral supplement. Here is an important side note: Magnesium helps you sleep better. And as you may know, sleep is when your body does most of its growing.

For best results, try to avoid calcium inhibitors such as soft drinks, cigarettes, alcohol, coffee, refined sugars, and salt. If you want to grow taller minimize the intake of them.

You will also need to drink a lot of water to keep your blood thinned out and able to transport all the vitamins and nutrients your muscles and bones will need to repair and grow bigger and longer.

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HUMAN GROWTH HORMONE

Growth hormone is a protein hormone secreted by the pituitary gland which stimulates growth and cell reproduction.

Why is human growth hormone so important?

Growth hormone is vital because it is the hormone primarily responsible for making you grow taller and stronger.

In most cases, if you are lacking in height, then it is highly likely that you suffer from a growth hormone deficiency. Growth hormone deficiencies are fairly common in men and women of all ages, which is why there is an entire industry dedicated to hormone replacement therapy and HGH (human growth hormone) supplements.

To make matters worse, our levels of growth hormone begin to slowly decrease each year after around the age of 25 or so, which makes it even more important for adults to add a good HGH supplement to their daily nutrition regimen.

Think about it this way - have you ever noticed that many people seem to shrink as they get older? This phenomenon is very common and it's directly related to our declining levels of HGH. If those same individuals were to replenish or increase their levels of HGH, they would gain back several inches of their height and more. That's how important growth hormone is to our bodies and our height.

So what are our options for increasing HGH levels?

There are 3 primary ways to replace and/or increase your HGH levels:

- human growth hormone injections
- human growth hormone oral spray
- herbal supplements which boost your body's HGH levels naturally
- What are the pros and cons of each method? Which methods actually work?

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Let's take a closer look...

METHOD # 1: HGH Injections

Evidence from several well-known studies does suggest that HGH injections do work; however, there are some drawbacks to using HGH injections.

With injections, synthetic HGH is injected into the body, typically 2 to 3 times per day. The average cost per injection is \$25.00; thus, it costs \$50.00 - \$75.00 per day to use injectable HGH. And to make matters worse, recombinant (injectable) growth hormone is a drug that is available by prescription only. And since you are not treating a "classified disease", insurance will not cover HGH injections. That means that you have to pay for all of these costs out of your own pocket!

And as mentioned above, injections use synthetic (scientifically engineered) HGH. In other words, it's not natural. Anytime you introduce a large amount of a foreign hormone into the human body, there is the risk of side effects.

In fact, in a July 5, 1990 study published in the New England Journal of Medicine, it was found that some patients undergoing injections suffered from various adverse side effects.

Pros: Injectable HGH is effective

Cons: Injectable HGH is very expensive, painful, time-consuming, requires a prescription and can have serious side effects

METHOD # 2: HGH Oral Sprays

There is no evidence to suggest that oral sprays work.

With oral sprays, synthetic HGH is sprayed directly into the mouth. However, there have been several documented reasons as to why oral sprays are completely ineffective.

Sprays are said to be ineffective because growth hormone is a large, unstable molecule that can't pass through membranes in the mouth. Also, administering the dosage is virtually impossible with a spray, though this is of lesser concern given that the dosage provided in a spray is well below therapeutic levels.

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Furthermore, sprays contain potentially dangerous binders and fillers as well - additives which experts believe should be avoided at all costs.

Finally, oral HGH sprays are said to be distasteful, leaving an unpleasant taste in the mouth.

Pros: none

Cons: Oral HGH Sprays are ineffective, distasteful and many contain potentially dangerous binders and fillers

METHOD # 3: HGH Releasers (Herbal Supplements)

There is an ongoing debate as to the effectiveness of HGH Releasers. Nonetheless, some recent studies have shown that some HGH Releasers are effective, offering virtually the same level of benefits one would derive from costly HGH injections.

With herbal HGH Releasers, a combination of herbal supplements is ingested in tablet or capsule form. Typically, the pills are taken before bedtime, since HGH production in the pituitary gland is most active during sleep.

Unlike injections or sprays, herbal HGH Releasers do not contain synthetic HGH. Instead, herbal HGH releasers only contain natural herbal ingredients. It is believed that the right combination of herbs can stimulate the pituitary gland, causing it to produce more abundant levels of your body's own growth hormone.

Some experts believe that HGH Releasers are much safer than injections or sprays precisely for this reason. Rather than ingesting or injecting a foreign hormone into the body, HGH Releasers stimulate increased production of your body's own growth hormones. This in turn eliminates the adverse side effects you would receive from other forms of HGH replacement.

Pros: Many herbal HGH Releasers are very effective, according to several recent studies. Herbal HGH Releasers are much cheaper than injections or oral sprays and have no side effects. Also, herbal HGH Releasers do not require a prescription.

Cons: none

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So what does this information tell us?

Based on all the research, it definitely appears that herbal HGH Releasers are the cheapest, safest and most effective way to boost or replenish your natural HGH levels.

But then that raises the question... which HGH Releaser is the Best?

Well as mentioned earlier, not all HGH Releasers are as effective as others.

In other words, all HGH Releasers are not the same.

You will likely find huge differences in these products, particularly in the type of ingredients (herbs) and the quality of those herbs. As such, it's important to select an herbal HGH Releaser that is proven to be effective and is formulated to the highest standards.

We've done a lot of research on this. We've taken a close look at the variety of herbal HGH Releasers on the market today, comparing their ingredients. We've asked a lot of questions to many of the companies which sell these products, and we've gotten a lot of feedback from guys (and women) who have tried some of these HGH Releaser products.

Based on all of the feedback we've gotten and clinical studies and other information we've gathered on these releasers, it seems clear that the best herbal HGH supplement on the market today would have to be

So why is GHR1000 the best HGH Releaser?

There are several reasons. GHR1000 is all-natural, and their formula contains the most effective combination of ingredients vs. any other brand. I determined this through comparisons of other supplements and cross-referenced that information with the known effectiveness of each individual herbal ingredient.

Furthermore, we've received nothing but positive feedback about GHR1000, which is not something we can say about other top selling HGH Releasers.

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We also like the fact that GHR1000 is manufactured in an FDA Certified lab, which is the highest certification that a lab can attain. This assures us that their product is safely formulated by real health care professionals in a sterile environment.

And when we contacted them with a whole list of questions about their product, they responded very quickly and addressed all of my concerns in a professional and positive manner. We were very impressed with their responsiveness and service. Unfortunately, we cannot say the same for other companies. Many ignored our emails completely, or else they provided little relevant information which did not answer the questions we had asked.

Finally, we really like the fact that GHR1000 offers their customers the best money-back guarantee of any HGH Releaser. To us, this is a good indication that they believe in the effectiveness of their product. GHR1000 offers a 75 day (no questions asked) money-back guarantee. Most other companies offer a much shorter guarantee (many with several stipulations) and some offer no guarantee at all.

For all these reasons, GHR1000 is the best solution for HGH replacement. As for cost, their product is a little on the high end, but as the saying goes, you get what you pay for. Personally, We'd rather spend a few extra bucks and invest in the best than take our chances with other products. Great service, great product and a great guarantee does come at a price, but in my opinion it's well worth it considering the enormous benefits you'll gain.

And considering the incredible importance of HGH to our bodies, it's absolutely essential to go with a proven, quality product that is safe and effective.

In any case, if you'd like to give GHR1000 a try, you can visit them at.

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THE IMPORTANCE OF PROPER SLEEP

For best results from this program, proper sleep is vital.

Get 8 hours of sleep each night and take whatever steps you need to ensure that your sleep is uninterrupted as much as possible.

In addition, you will need to sleep on a firm mattress to help keep the spine straight. You will need to either use a small pillow or no pillow at all. Pillows hinder your breathing and can shift your neck out of alignment with your spinal column. You will need to sleep on your back and spread out in order to decompress your spine.

One thing you can do while you sleep to help increase your height is to raise the bottom part of your bed where your feet lie by about 3 inches in height. This will allow you to use gravity to pull your spine up as opposed to when you are standing in which gravity pulls your spine down.

The first 2 hours of sleep are when the most growth hormone is released into your system from your pituitary gland. Not getting enough sleep can lower the amount of growth hormone your body produces, which is not a good thing.

So once again, get 8 hours of sound sleep each night.

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SPINE LENGTHENING EXERCISES - INTRODUCTION

The exercises which will be used to lengthen your spine fall into the following categories:

- Stretches
- Hanging
- Swimming

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SPINE LENGTHENING EXERCISES - STRETCHES

Perform one of the following stretching routines each day. Alternate the routines daily to give yourself some variety as well as to target different areas of your spine.

Each stretch should be performed for 10 repetitions before moving on to the next stretch.

Remember to take your time and breathe slowly and deeply while stretching. As you stretch, imagine that you are a long, tall, very flexible gymnast. Have a positive attitude that you are getting taller each and every day and focus your mind on stretching just a little bit further than you did the previous day. You can do it.

ROUTINE # 1**1.1 The Cobra**

Lie on the floor face down with palms on the floor under your shoulders. Begin to arch your spine up leading with your chin. Arch as far back as possible. Each repetition should last between 15-30 seconds.

1.2 The Cat Stretch

Get on your hands and knees with your arms locked out. Inhale as you flex your spine down and bring your head up. Exhale as you bring your spine up into an arched position while bringing your head down. Each repetition should last between 3-8 seconds.

1.3 Basic Leg Stretch

Sitting down, spread your legs far apart. Reach for your toes. Try to keep your knees as straight as possible. Now move into reaching for the toes on the other leg. Be sure to keep your spine straight and move from your hips. Do not arch the upper spine. This stretch works both your spine and legs. Each repetition should last between 6-15 seconds.

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1.4 The Bridge

Lying down with your knees bent and feet flat on the floor as close to your butt as possible, grab your ankles and hold onto them while you raise your hips up and arch your spine, lifting your abs towards the ceiling. Lift your abs as high as possible. Go back down. If you can't hold onto your ankles, keep your arms to the side and use them to help push yourself up. Each repetition should last between 3-10 seconds. This stretch may be hard to do at first, but be persistent even if you can't do it completely right at first.

1.5 The Bow Down

Stand with your hands on your hips. Keep your hands on your hips and bend forward as far as possible, leading with your head. Don't bend your knees and keep your chin off of your chest. Each repetition should last between 4-8 seconds.

1.6 The Super Stretch

Standing up, reach your hands up as high as you can as you lean slightly back. Feel the stretch in your lower spine. The Super Stretch can be done standing up or lying down. Because this stretch is easy and comfortable, we encourage you to do this not only as part of a program but also at odd times like when you are watching TV or lying in bed. Each repetition should last between 4-7 seconds.

1.7 One Straight Leg Up

Lying on your stomach with your hands behind your neck, raise one of your legs as high and as far up as possible. Now repeat with the other leg. Keep your legs straight. Each repetition should last between 3-5 seconds.

1.8 Super Sky Stretch

On your knees with your arms stretched upwards and hands together, lean your head and arms back as far as possible. Each repetition should last about 5 seconds.

1.9 The Acrobat

Lying on your back with your knees bent and hands next to your head with the palms flat against the floor, push off your feet and hands to raise yourself up as high as possible. Each repetition should last about 8-15 seconds.

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ROUTINE # 2**2.1 The Super Cobra**

Start with your arms perpendicular to the floor, and the spine arched (the end position of the cobra). Now bend your hips and bring your body up into an inverted "V" position. While you are doing that, tuck your chin against your chest. Return to the original position. Each repetition should last between 10-20 seconds.

2.2 The Table

Sit down on the floor with your legs straight. With your torso straight, place the palms of your hands on the floor next to your butt. Then tuck your chin against your chest. Now bring your head back as far as it will go. While doing that, raise your body so that your knees bend while the arms stay straight. The torso and upper legs will be straight and horizontal to the floor. Your arms and lower legs will be perpendicular to the floor. You will be the shape of a table. This is another hard stretch for some. If you can't do it right away, just do the best you can, eventually you will be able to do it with ease. Each repetition should last between 8-20 seconds.

2.3 The Yawn

Standing up with hands held together behind your neck, bend your head upwards and back as far as possible. Each repetition should last 5-15 seconds.

2.4 Hands on the Head Bow Down

Standing with your hands together behind your neck, bend forward as far as possible. Lead with your head. Bring your chin into your chest. Don't bend your knees. Each repetition should last between 4-8 seconds.

2.5 Wall Stretch

Standing up against a wall, reach your hands up as high as possible while getting on you tip toes. Keep your spine flat against the wall as much as possible. Each repetition should last between 4-6 seconds. This stretch is harder than it looks because you are keeping your spine flat against the wall.

2.6 The Super Stretch #2

Standing up, face 4 inches (10 cm) from a wall, reach as far up onto the wall as possible getting on your tip toes. Each repetition should last about 3-5 seconds.



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2.7 Touch Toes

Standing with your hands high above your head, bend over and touch your toes. Keep your legs as straight as possible. You can bend your knees a little if need be. Each repetition should last between 2-3 seconds.

2.8 Bar Twist

Standing with a broom or bar way over your head, twist to your left and right. Twist to one side and stretch, then twist to the other side and stretch. You should hold each repetition on each side for 3-4 seconds.

2.9 The Downhill

Standing with your hands together and arms behind you, bend down at the waist as far as possible as you slowly swing your arms as high as possible behind you. Each repetition should last between 4-6 seconds.

ROUTINE # 3

3.1 The Bowl

Lying face down, raise both your arms and legs up at the same time. The shape your body makes should mimic that of a bowl. Each repetition should last 5 seconds.

3.2 The Skier

Standing with your legs a little more than shoulderwidth apart and your arms raised over your head as high as possible, bend forward at your waist and push your arms through your legs. Each repetition should last about 5 seconds.

3.3 Upper Body Slant

Sitting on the edge of a slant board with your legs straight, lean back as far as possible so that your upper body is completely off of the slant board. If you don't have a slant board, you can easily create one with a board and a bucket. Each repetition should last 4-5 seconds.

3.4 Lower Body Slant

With your upper body lying on a straight bench and your butt on it while your legs are completely straight, lean your upper body forward and bring your nose to your knees. Each repetition should last between 4-5 seconds.

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3.5 Sky Stretch

Kneel on the floor with your body straight and your hands against your thighs. Bring your neck and head forward and tuck your chin to your chest. Then bring your neck and head as far back as possible while you arch your spine. Each repetition should last between 6-8 seconds.

3.6 Two Straight Legs Up

Lying face down with your palms down and on the sides, raise both your legs up together as high as possible. Keep your feet together. Each repetition should last 3 seconds.

3.7 Standing Table Hold

Standing with your hands holding a table and your upper body horizontal to the table, have someone push against your upper back as you stretch. Each repetition should last 10-15 seconds.

3.8 Basic Twist

Standing with your arms straight out at shoulder level, twist your upper body to the left and right while your legs and hips remain still. The twist to each side should last between 2-4 seconds.

3.9 Bench Stretch

Sitting on a straight bench with your arms raised above you, slowly lean back so that your upper body is off the bench and horizontal to it. Each repetition should last about 6 seconds.

3.10 Incline Upper Body Slant Stretch

Sitting on the upper part of an incline bench with your legs straight and hand together behind your neck, lean back over the edge as far as possible. Each repetition should last 4-7 seconds.

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SPINE LENGTHENING EXERCISES - HANGING

There is nothing complicated about hanging. It is exactly what you would think it would be. No exciting secrets. Hanging is quite simple but it really helps to lengthen, straighten and decompress the spine.

Yes, hanging can be tedious and tiring at times, which is why we break it up into short 5 minute workouts each day. Hanging is very helpful so please don't omit it from your workout.

You can use a chin-up bar, tree branch or a piece of playground equipment - whatever you can find that works for you. The bar must be perpendicular to the ground and able to support your entire body weight easily. For your comfort, the bar should be high enough so that your legs and feet can hang without you having to bend them or raise them up off the ground.

The Hanging Routine

Hang for 5 a total of minutes each day (6 days/week). This can be spread throughout the day or done all at the same time. Either way is equally effective. Hang from a bar with hands shoulder width apart. Use an over-hand grip on the bar one day, then use an under-hand grip on the bar the next day. Switch your grip each day. This is done to prevent any over-compensation from your back, shoulder or arm muscles.

Each hanging repetition should last a minimum of 10 seconds. Hold each repetition for as long as you can until you have reached a total of 5 minutes of hanging time for the day.

Keep in mind that the more you do this, the easier it will get and the longer you will be able to hang for one repetition. Many of our members have told us that they personally look forward to their daily hanging routine as it gives them a chance to relax and focus on their body.

Note: If you wish to hang for more than 30 minutes per week (5 minutes each day, 6 days per week) you certainly can. Thirty minutes is merely the minimum you should hang while on the program.



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Tips to help you hang longer and more comfortably:

1. Invest in a pair of weightlifting wrist wraps to help stabilize your wrists. This will help you to hang longer.
2. Also, wear a pair of weightlifting gloves (or any type of soft leather glove) to protect your hands from blisters.

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SPINE LENGTHENING EXERCISES - SWIMMING

Swimming is an excellent growth maximizing activity.

Any form of swimming is beneficial to your height in terms of relieving pressure from the spine, but the best stroke in terms of spine lengthening is the breast stroke.

This is the ideal stroke because while your legs are kicking one way, your arms are stretching you the other way - and all of this is happening while you are suspended weightless in the water.

Master this stroke and you will notice results.

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LEG LENGTHENING EXERCISES - INTRODUCTION

Aside from your spine, your legs contain several of the longest bones in the human body.

Surrounding these bones are many ligaments, tendons and muscles which can inhibit full extension of the leg bones.

As such, it's important for anyone desiring more height to maximize the length of their legs using the exercises below.

The exercises below will be used to lengthen your legs:

- Kicking
- Jumping
- Cycling
- Swimming
- Jumping Rope

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LEG LENGTHENING EXERCISES - KICKING

Repeated kicking helps lengthen the shin and thigh bone.

Ever notice how kick-boxers have longer than average legs? It's the same principle as far as baseball pitchers too. Pitchers usually have a pitching arm that is 1-2 inches (2-5 cm) longer than their other arm. Same principle. Repetitive stress forces the bones to lengthen due to the stress.

There are only 2 kicks you will have to do in this program:

Kick # 1 - Front Snap Kick

The first kick is the basic front snap kick. It's very simple.

Keep both feet facing forward in a comfortable position, with a slight bend to the knees for balance. Raise your knee until the thigh is perpendicular to the floor. While doing this, the ankle should be flexed downwards and your toe should be pointed towards the floor. Next, quickly snap your foot outward with your toe pointing outward. Once that is done, quickly return your toe to it's previous downward pointing position and lower the foot onto the ground. That is one repetition.

The kick will be quick. It doesn't matter how high off the ground you kick - our focus here is simply on executing the quick snapping motion of the lower leg.

Each kick will last approximately than 1 second. Perform 20 kicks per leg then switch to the other leg and repeat. That is 1 set. Rest for 1 minute between sets then repeat the process again for a total of 3 sets.

Kick # 2 - Straight Leg Kick

The second kick is a straight leg kick. The best way to explain this is to pretend that you are punting a ball.

Keep both feet facing forward in a comfortable position, with a slight bend



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to the knees for balance. Unlike the snap kick, you will NOT bend your knees while performing this kick. Keeping your leg straight, raise your leg quickly as if you were punting an imaginary ball. Raise your leg as high as possible with your toe pointing outward and upward. I find it helpful to imagine that there is a target in front of me at about eye level that I am trying to kick with my foot. Quickly lower your leg to starting position and place your foot on the floor. That is one repetition.

Once again, the kick will be quick. Your goal is to keep your leg perfectly straight and kick as high as possible. Each kick will last approximately 1.5 seconds.

Perform 10 kicks per leg then switch to the other leg and repeat. Rest for 1 minute between sets then repeat the process again for a total of 3 sets.

Perform 3 sets of both kicks each day (6 days/week). Shoes are optional.

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LEG LENGTHENING EXERCISES - JUMPING

Jumping is a great exercise for stretching the tendons in the leg and fully extending the muscles.

There are 2 jumps in this program:

Jump # 1 - Bench Jump

The goal here is to jump up onto a bench (or other safe, stable platform) and then jump backwards off of the bench.

To perform this jump, stand facing the bench with feet shoulder width apart and toes pointing towards bench. Your knees should be slightly bent for balance. Lower your body by bending at the knees. While doing this, shift your body weight to the balls of your feet. Next, explode up into the air and land on top of the bench. If you wish, you can lower then raise your arms in the air to give you some momentum. Land on the balls of your feet - not on your heels. Once you've landed on the platform, perform the same jump in reverse and jump backwards to your starting position. This is one repetition.

Each jump will last approximately 2 seconds. Perform 10 jumps then rest for one minute, then repeat for a total of 3 sets.

Note: This jumping exercise can be performed with one leg or both legs. Beginners should use both legs when performing the exercise. Once you're comfortable with the exercise and with your balance, you can experiment with alternating the exercise with each leg separately.

Safety is important so select a bench or platform that you can easily jump onto. As your workouts progress, you will find that you can jump higher and with less effort. When this occurs, you can opt to increase the height of the platform.

Jump # 2 - Height Jump

The goal here is very simple - jump as high as you can.

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To perform this jump, stand with feet shoulder width apart and your knees slightly bent for balance. Lower your body by bending at the knees. While doing this, shift your body weight to the balls of your feet. Next, explode up into the air, jumping vertically as high as you possibly can. The primary goal is to extend your legs fully. Keep your legs straight while in the air and your feet directly under you. Land on the balls of your feet - not on your heels. This is one repetition.

This jumping exercise is more intense and may require more resting. Perform 10 jumps in succession as quickly as you can, then rest 2 minutes. Repeat if you're able for a total of 3 sets.

Perform 3 sets of both jumps each day (6 days/week).

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LEG LENGTHENING EXERCISES - CYCLING

In order for cycling to help your legs get longer, you will need to raise the seat of your bike approximately 3 - 4 inches higher than normal. It may be a bit more difficult at first to ride your bike in this manner, but doing this is one of the best ways to force your legs to stretch and lengthen.

For safety, you may want to experiment with this on a stationary exercise bike first. Cycle for 15 - 20 minutes every other day (3 times per week) at a moderate pace.

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LEG LENGTHENING EXERCISES - SWIMMING

As mentioned before in the spine lengthening section, swimming is an excellent growth maximizing activity. Any form of swimming is helpful, but once again, the best stroke in terms of spine and leg lengthening is the breast stroke. Master this stroke and you will notice results.

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LEG LENGTHENING EXERCISES - JUMPING ROPE

Relive your childhood and break out the jump rope. Jumping rope puts a lot of stress on your shins which, when combined with proper rest afterwards, will help to lengthen your legs.

For maximum stress, jump with both of your legs at the same time. Remember to keep your body weight on the balls of your feet. Perform as many jumps as you can for 5 minutes.

Jump rope every other day (3 times per week). Specifically, jump rope on the days when you are NOT cycling.

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LEG LENGTHENING EXERCISES - SPRINTING

First of all, sprinting and jogging are 2 entirely different things. For the purposes of this program and these exercises, you will be sprinting.

Sprinting is simply running as fast as you can for a very short distance. There are two ways in which sprints will help you to develop longer legs:

1. Sprints (a.k.a. interval training) helps to temporarily boost the amount of growth hormone secreted by the pituitary gland, which in turn helps to initiate growth.
2. Sprints are one of the best ways to stress your leg bones very quickly. In fact, if you only had time for one leg exercise activity on a given day, then doing a few sprints would be the best choice.

To begin, find a straight, level and safe area to perform your sprints. Sprints can be performed on grass, sand or asphalt. Establish a starting point and measure approximately 40 yards (120 feet) from the starting point to the end point. You can choose to mark the starting and ending points in some manner or use nearby landmarks as your guide. Next, beginning from a standing position at the starting point, simply run as fast as you can towards the ending point. You will feel winded, but don't sit down. Walk back slowly to the starting point and repeat 4 more times for a total of 5 sprints.

Perform this simple task every other day. We recommend you perform the sprints on the same day that you jump rope.

There is no benefit to doing additional sprints; in fact, doing additional sprints could cause you to develop shin splints - so don't overdo it. A few sprints every other day is all you need to spur sufficient growth

As an added element of interest, some of our members enjoy timing themselves with a stopwatch during their sprints. Many of these members have noticed significant improvements in their sprinting times which gives them an added boost of confidence and self-satisfaction.



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If inclement weather forces you to skip a day now and then, that's fine. You should still be able to perform the jump rope activity indoors.

Finally, the most important element of this activity is to make sure that you get proper rest every night. After enduring the stress of sprinting and the other activities in this section, your legs as well as your entire body require adequate rest in order for you to maximize your results.

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DEEP BREATHING

Proper deep breathing is essential in allowing all of the exercises in this program to work as efficiently as possible for you.

The reason is simple. Your cells require oxygen in order to grow and thrive. Deep breathing stimulates the cells in your body and promotes faster recovery and growth.

When you are doing your spine exercises, practice deep breathing during each of the stretches.

There are 3 things you need to concentrate on when doing deep breathing:

- Inhaling
- Holding
- Exhaling

We realize that you already know how to breathe. But perhaps no one has ever actually taught you the proper way to breathe deeply; therefore, we will discuss it now.

Inhaling

Inhale through your nose (not your mouth). Imagine that your lungs are 2 empty balloons. Inhale slowly through your nose for 10 seconds and slowly fill those balloons with oxygen. Fill your lungs to their maximum capacity. Holding Now, hold that oxygen in your lungs for 4 seconds. Don't inhale. Don't exhale. Just hold it.

Exhaling

Finally, exhale through your mouth (not your nose). Once again, imagine that your lungs are 2 balloons. This time, they are full of oxygen. Exhale slowly through your mouth for 7 seconds and slowly allow the oxygen to exit those balloons until they are completely empty. Get rid of every ounce of air in those lungs. Then repeat.

Deep Breathing Exercises

The great part about breathing is that we do it every second of every day, so if you want to practice deep breathing you can do so at almost any time.

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We recommend that you practice deep breathing several times each day, every day of the week. Stick to the 10-4-7 routine of inhaling, holding and exhaling. You can do this while you're at work, watching television, in the shower or just walking around. Not only will this help to oxygenate your entire body, but it feels good too.

Breathing is equally important when you're performing your leg exercises and activities; however, as you can imagine, deep breathing is NOT possible while jumping rope or sprinting.

During activities such as these, you should still pay attention to how you are breathing. Deep breaths and properly-timed exhales are essential. Not only will proper breathing during these activities help further stimulate your cells, but it will improve your performance of the exercises as well.

For instance, during the leg kicks, exhale sharply during each leg kick and then inhale as deeply as possible when retracting your leg and preparing for the next kick. Doing this will intensify your workouts and lead to better overall performance of the exercises.

Basically, any aerobic activity requires a lot of oxygen so make sure that you are breathing as deeply as possible. Doing so will help your body get the oxygen it needs. And as we mentioned above, make a concerted effort to time your exhales to coincide with your highest levels of physical exertion.

For another example, in the case of jumping, you should take a fairly deep breath prior to the jump, then exhale sharply as you begin the jump. The key here is to push the oxygen out of your body at the same moment you are exerting yourself.

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REFLEX POINT MASSAGE

As mentioned before, the pituitary gland in the endocrine system is the gland which is primarily responsible for secreting growth hormone.

This gland is located at the forward base of your brain. It is widely held that you can spur growth by stimulating reflex points in the body that have a special nerve connection to the pituitary gland.

Thumb Reflex Point

The main reflex point you should massage is located on the pad of your thumb. In other words, you will be massaging the actual thumbprint area on each thumb.

To do this, begin with your right thumb. Using your left thumb, rub the pad of the right thumb firmly in a clockwise motion. If your hands are dry, a little hand lotion will make this much easier and more enjoyable. Once again, you will need to be very firm when doing this because the pad of the thumb is protected by fatty tissue.

Massage each thumb pad for 2-3 minutes each day. We recommend that you perform the massage in the evening prior to bedtime since growth hormone secretion is greatest when you sleep.

Neck Reflex Point

The second area you should massage is each side of your neck. Many people find their blood flow stagnates in their neck region. By massaging the neck very gently, you allow the blood a smoother passage to your brain, thyroid, and pituitary gland, which in turn will allow for a more efficient distribution of your growth hormone.

To massage your neck, hold your index and middle fingers together and rub in a gentle, circular motion over one side of your neck. You can start on either side. We recommend beginning at the upper portion of your neck just below the ear and slowly working your way down to your collar bone.

Then, begin again at the top just below your jawbone and and once again slowly work your way down to your collar bone. Repeat as needed then



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switch to the other side of the neck. Each side will only take a minute. Finally, slowly roll your neck in a full, circular motion a few times for a nice, gentle stretch.

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WORKOUT SCHEDULE

Below is a sample workout schedule for you to follow. Please note that you are free to customize the program to fit your needs; however, any substitutions you make should be of a similar nature.

For instance, if there is a particular spinal stretching exercise which is very uncomfortable for you, seek a similar exercise from one of the other routines which is less uncomfortable.

If you do not own a jump rope or if you absolutely hate jumping rope, then be sure that you perform the sprints and perhaps substitute one of the jumping exercises in its place to make up for it.

If you don't have access to a swimming pool, substitute a little extra cycling into your workouts.

The choice is totally up to you. Try each exercise at least once and find what works best for you.

If you are unsure of what would be a suitable substitution for you in a given situation, simply email us and we can help tailor the program to your needs.

The Six Day (per week) Workout Program

Monday

- 10 Minutes - Spine Stretches (Routine # 1)
- 5 Minutes - Hanging
- 3 Minutes - Kicking
- 3 Minutes - Jumping
- 5 Minutes - Jumping Rope
- 5 Minutes - Sprinting
- Anytime - Deep Breathing
- Nighttime - Reflex Point Massage

Tuesday

- 10 Minutes - Spine Stretches (Routine # 2)
- 5 Minutes - Hanging

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- 3 Minutes - Kicking
- 3 Minutes - Jumping
- 15 Minutes - Cycling
- Anytime - Deep Breathing
- Nighttime - Reflex Point Massage

Wednesday

- 10 Minutes - Spine Stretches (Routine # 3)
- 5 Minutes - Hanging
- 3 Minutes - Kicking
- 3 Minutes - Jumping
- 5 Minutes - Jumping Rope
- 5 Minutes - Sprinting
- Anytime - Deep Breathing
- Nighttime - Reflex Point Massage

Thursday

- 10 Minutes - Spine Stretches (Routine # 1)
- 5 Minutes - Hanging
- 3 Minutes - Kicking
- 3 Minutes - Jumping
- 20 Minutes - Cycling
- Anytime - Deep Breathing
- Nighttime - Reflex Point Massage

Friday

- 10 Minutes - Spine Stretches (Routine # 2)
- 5 Minutes - Hanging
- 3 Minutes - Kicking
- 3 Minutes - Jumping
- 5 Minutes - Jumping Rope
- 5 Minutes - Sprinting
- Anytime - Deep Breathing
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Saturday

- 10 Minutes - Spine Stretches (Routine # 3)

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- 3 Minutes - Kicking
- 3 Minutes - Jumping
- 15 Minutes - Cycling
- 30 Minutes - Swimming
- Anytime - Deep Breathing
- Nighttime - Reflex Point Massage

Sunday

- Rest
- Anytime - Deep Breathing
- Nighttime - Reflex Point Massage

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The best all-natural HGH boosting supplement on the market today (HIGHLY RECOMMENDED)

The only HGH boosting oral spray that works (HIGHLY RECOMMENDED)

Male Enhancement Products

If you have any recommendations, please let us know and we'll be happy to evaluate them and possibly add them here.