

WELCOME TO BENDABLE BODY



A word from the Team - Sita and John:

Congrats on taking this first step to **feel better, move better, and live better!** If you properly learn the Bendable Body technique of stretching your muscle fascia, you **will** get immediate and lasting results.

Below are stretches for you to do in your home, office or just about anywhere! You don't need special props and you can wear anything - yoga pants are not required!

We chose these stretches because they address areas in the human body where dense, unhealthy fascia tends to accumulate: the back of the shoulders, and the back, outside of the thighs. If you only focus on these 2 areas, you will start to feel the tension and pain leave your whole body.

To address serious injuries and health concerns, you will need advanced training and/or assistance from an expert. Our Team has worked with 1000s of clients for a combined 18 years.

Visit www.bendablebody.com to learn more about what we offer and our locations.

We're social!
Free videos & tips:



COMING SOON!

On-line Monthly Membership

- * Learn how to stretch.
- * What is fascia?
- * 50+ videos in the library.
- * Live classes.

Disclaimer: The materials contained in this manual do not replace medical advice and are for informational purposes only. Consult with your physician before beginning an exercise regimen.

STARTER TIPS

- ***It's all about the contraction:*** In order to achieve immediate and lasting improvements in flexibility, you have to contract the target area you are stretching. It's hard work, but there is no pain and your joints are safe.
- ***It's really all about the fascia:*** When you contract and stretch, you restructure stiff, unhealthy fascia on a cellular level.
- ***What is fascia:*** Connective tissue. It connects all other tissues in your body to one another.
- ***How does fascia get stiff:*** Everything you do in your life *'trains'* your fascia. Like sitting too much, making repetitive movements, not making enough variety of movements, and traumatic physical and emotional life events.
- ***Why does the Bendable Body Method change fascia:*** Because we use an *'actively - loaded - eccentric - stretch - movement'*. It works on your hard-worn fascia, peeling away years of pain and stiffness - literally allowing your body to regenerate new, healthy tissue.
- ***What are the results:*** More space in your joints, freedom of movement, increased strength, less pain... to name only a few.
- ***Does it last:*** Because we are restructuring your fascia on a cellular level, results are long lasting and they build upon one another. In other words, it keeps getting better and better.
- ***One more thing:*** The Bendable Body Method isn't like yoga, traditional stretching, Pilates, other forms of weight training, or other exercise methods. So naturally, it feels different in your body. It's a new feeling to stretch your muscle-fascia... one you probably haven't felt ever before!

TECHNIQUE

The 4 Pillars of a Stretch

- 1 Start position.
- 2 Contract, resist, tense.
- 3 Lengthen for the stretch movement.
- 4 Release contraction and return to start position.

Back of shoulders - Small intestine meridian



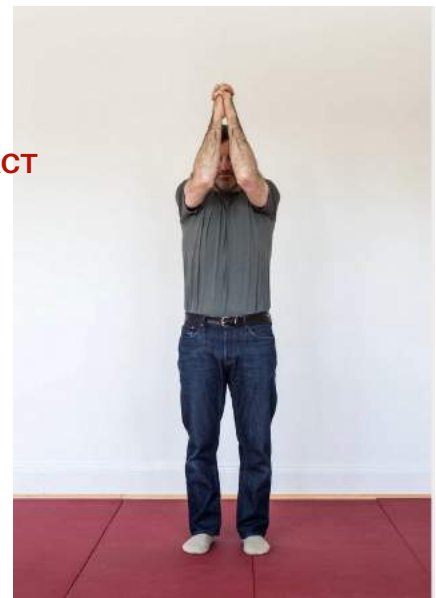
1. Start position:

Hands clasped together, slightly above head, elbows wide.



2. Contract:

Press palms together to contract, resist, tense muscles on back of scapula.



3. Lengthen:

Draw elbows together to lengthen for the stretch.

4. Release: And return to the start position and repeat.

Try 6-10 repetitions until you are comfortable with the **4 pillars of a stretch**.

Lateral hamstring - Bladder meridian



Start: seated, knee out to the side, hands cupped around joint.

Contract: drive knee away from body.

Lengthen: use hands to draw knee toward torso.

Release: and return to start position.



Start: down/target leg bent and 12" from wall, opposite leg bent with foot at wall.

Contract: tightening down leg and evenly distributing weight through foot.

Lengthen: fold at waist.

Release: and return to start position.

COMMON MISTAKES and SAFETY

- **Common mistake #1:** Not contracting, resisting, tensing while you stretch!
- **Common mistake #2:** Stretching into long ranges of motion. When the contraction weakens... the stretch is over!
- **Common mistake #3:** Consistently moving too fast during a stretch and dropping the contraction.
- **Common mistake #4:** Not knowing the area you are stretching - makes it hard to contract those muscles for maximum results.
- **Common mistake #5:** Maintaining the contraction when you return to the start position. This is a strengthening movement and if done too much, can fatigue the muscle. A good ratio while you are learning is one strength movement to every 6 or 8 stretch movements.
- **It's normal to be sore.** Soreness can occur 0-72 hours after stretching- especially the first few times you stretch. The best ways to deal with it are:
 - Drink plenty of water and get rest
 - Keep moving (gentle cardio exercise)
 - Avoid blood constrictors (coffee, alcohol, refined sugar and flour)
- **The Bendable Body Method of stretching energizes you.** As long as you are doing it correctly, you can keep stretching as much as you want, without fear of injury. This is an exercise that does not cause cell damage, instead it repairs and restructures it.