

Stretch Your Way To Thin!

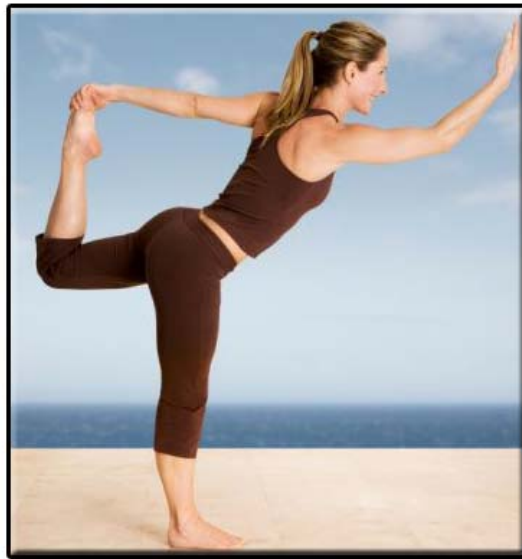
**The Ultimate NO BULK
Cool Down Program**

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NASM-CPT**

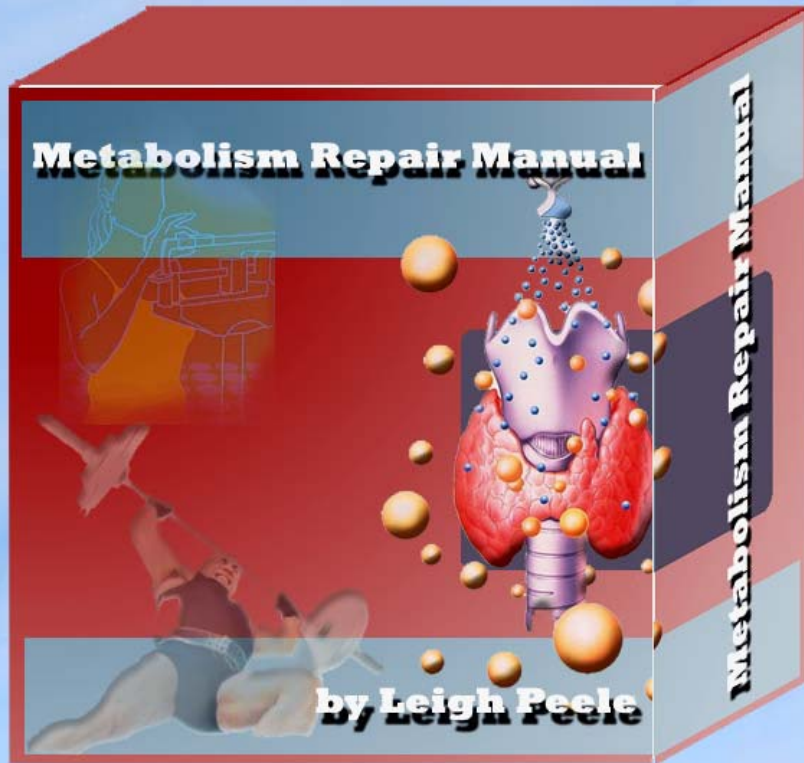


**Ten Minute Program.
Ten Movements.
No Bulk.
Result is a step towards the long lean look you have always
wanted.**

Stretch Your Way To Thin!



**From the Author of The Fat Loss Troubleshoot and soon
to be released book The Metabolic Repair Manual.**



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Disclaimer

Before starting any new diet and exercise program, please check with your doctor and clear any changes with them.

This is merely a guideline and advice manual. This program was written to help guide the average healthy individual in the right direction. I am not a doctor nor do I claim to have any formal medical background. I am not liable or claim any responsibility for any emotional or physical problems that may occur directly or indirectly from reading this material.

Stretch Your Way to Thin-10 Minute Program!

I have to tell you ladies I don't like what I am seeing. It is a beautiful Saturday afternoon and I have just gotten back from a great day at the park with friends and family. I come in and sit down to check my email and check in on my clients.

My friend's daughter turns on MTV where they are having an America's Next Top Model marathon. Seems to me the same thing is always happening really, they shoot a picture, these people critique it, and before someone gets sent home they go to commercial.

During the commercial break there is an ad for a fitness drink. No, I am not going to name names. I will say the ad depicts a female that is lifting weights. On one hand is a 5 lb weight. On the other hand is a 50lb weight. The arm with the heavier weight is all muscled and "bulky" while the arm with the lightweight is small and "toned". What this ad is saying is that lifting heavy weights will make you bulky.

For a very long time now women have thought that what causes bulky muscles is lifting heavy weights and doing short sets. The truth is that diet plays a bigger role in a bulky look than weights do. Following the right diet with your exercise program is the key to the biggest part of achieving that slim and "toned"

look. A diet program like the **Dress Size Reduction Diet** is a great approach.

Still the diet isn't everything. There is one area that is often neglected when trying to get a lean look and that is stretching. I want to take a little piece of an article I wrote for OnFitness Magazine, I honestly don't believe I have yet to say things better than this again.

I am sure if I conducted an actual poll, at least 80 percent of the women I talk to would want the body of a dancer (long, lean, and very good "tone"). If I told you what those dancers did to get those bodies and what you would have to do to have that body, your response to me would be, see you later, don't have the time.

Just like their talents are achieved over time, the same goes for their bodies. It also doesn't hurt that their genetics and height play a nice role. Still, this doesn't mean that a 5'3" 35-year-old woman can't have long, lean muscle. This doesn't mean their posture can't be so perfect that it gives the illusion of extra height and longer legs.

The key lies in stretching. Ever heard, "Stair climbers make my calves bulky!" or, "I have been working out for three weeks and my thighs are bigger!"? Well as a trainer, I hear it all the time. Mostly it is because these women ignore stretching.

Surrounding muscle tissue is fascia. There are different functions and layers, but two such functions are flexibility and movement. You cannot alter the length of given muscle, but you can reverse the damage created over time from being in a shortened state from day-to-day activities or workout routine.

Some of these demands are sitting at you computer constantly, hunching, standing in high heels all day, etc. These types of repetitive activities over time lead to some muscles staying in a shortened or tighten position. This can also cause some muscles to overtake the functions of other muscles in the sense of a lead role. In the end this can all lead to a more bulky appearance, not to mention an increased chance of injury.

3 Styles of Stretching in this program

There are many different methods and techniques of stretching. For the purposes of this program we are going to focus 3 of them. The combination of all these styles of stretching will not only give a better overall look to muscles and posture, but will keep protection from injury as well when used in a post workout situation. I also want to make you aware that you can do these stretches and more outside of the post workout situation. It is just the particular focus in this instance.

Static Stretching

Static stretching consists of stretching a muscle (or group of muscles) to its farthest point and then maintaining or holding that position. In general when people think of stretching this is the style of stretching they think of. Toe touches are a good example of a static stretch. These styles of stretches should be reserved for after a resistance workout out, not before. When doing a static stretch you should feel a slight pull or tension in the muscle or muscle groups stretched, but no discomfort or pain. Still it isn't EASY, it takes some effort and personal push. The stretches below that are static are the...

- Calf Stretch
- Cross Hamstring Stretch
- Groin Stretch
- Ball Stretch

Dynamic Stretching

Dynamic Stretching involves moving parts of your body and gradually improves dynamic flexibility. It is quite useful as part of your warm-up or cool down. Dynamic stretching uses momentum and muscle to stretch, and its goal is to achieve a furthering range of motion with that momentum. A walking lunge is a great example of a dynamic stretch. Some dynamic stretch movements can be too challenging for beginners, it is always best when using momentum stretch movements to ease into it. The Dynamic

Movements laid out in this program are very basic and easy to achieve for all. These stretches are...

- Chest to Knee Up
- Leg Cradle
- Golfer's Pick Up
- Cat Stretch

Self Myofascial Release w/foam roller

Self myofascial release is a technique that refers to the stretching the fascia and releasing tension between fascia, muscles and bones. The goal is to eliminate pain, increasing range of motion, and balancing the body. In short, it takes out the knots. You can do SMR workout before or after a workout. You can foam roll practically anywhere in your body, in this program though we are focusing on...

- Hip Flexors
- It Band (iliotibial band)

General Foam Roller Instructions

- Spend 1 minute per self myofascial release technique and on each side (when applicable).
- When a trigger point is found (painful area) hold for 30-45 seconds.
- Keep the abdominal muscles tight, and this enforces stability to the lumbo-pelvic-hip complex during rolling.

-Remember to breathe slowly as this will help to reduce any tense reflexes caused by discomfort.

The Program

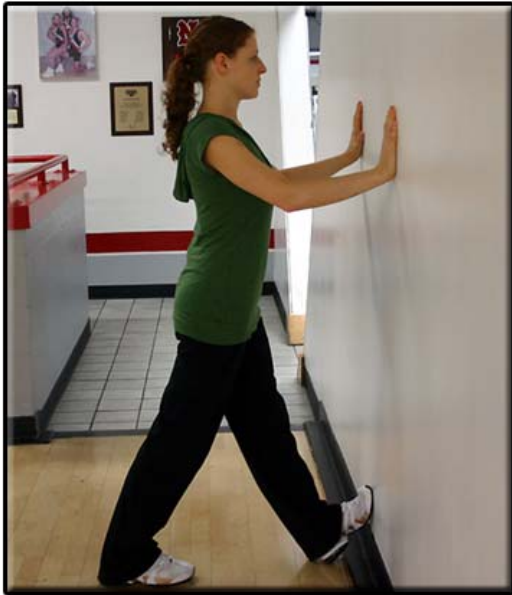
Following your aerobic or resistance training you should complete the No Bulk Cool-Down Program. It should take a minimum of 10 minutes. It can last longer than this, however, if you want to devote a little extra time to foam rolling. In this program I have focused on getting a stretch to the most used and the majority neglected muscles in life and in training programs. You can at anytime do more stretches if you desire, but simply doing this program will help you create that long lean look you are dying to achieve.

Items Needed For Your Stretch Program

Mat/Soft Floor

Foam Roller (available at any most sports stores or Target)

Calf Stretch 2x20 sec holds per calf (Alternate)



- Place the heel of the first leg close to the bottom of the wall with the toes against it.**
- Keep your leg and back straight and lean into the wall slowly**
- Careful not to reach the point of pain, lean into your front leg until you feel moderate tension in your upper calf.**
- Hold the stretch for 20 seconds, then alternate legs.**

Cross Hamstring Stretch-2x20 sec holds per leg (Alternate)



- Stand with feet together and cross right foot over left foot.
- Exhale and slowly bend at the hips and reach toward floor to feet.
- When mild discomfort is felt, pause and hold stretch for 20 secs.
- Slowly return to starting position
- When finished, cross left foot over right foot to stretch opposite leg

Kneeling Groin Stretch-2x20 sec holds



- Kneel with feet pointed out to sides.
- Place forearms and hands on floor.
- Spread knees apart and gently lower hips to the back of your ankles.
- Hold stretch for 20 seconds.

Leg Cradles-2x10 reps each leg



- Stand on the left leg and bring the right leg to the chest in a figure-four position. Use one hand to hold the leg at the ankle and one at the knee.**
- Rise up onto the left toes, and pull the right leg upward.**
- Repeat with the other leg and perform 10 reps with each leg.**

Chest Stretch to Knee Ups-2x10 reps each leg



- Place and clasp hand behind your head as pictured above and extend from elbows back to stretch the chest.
- While holding chest stretch raise right knee upward in a straight raise towards chest.
- Repeat with the other leg and perform 10 reps with each leg.
- Maintain chest stretch through each rep.

Assisted Colfer's Pick up-2x10 reps each leg



- Place all your body weight on one leg while grasping rail.
- Slightly bend the weighted knee.
- Bend straight over from the hip keeping the back straight.
- As you bend let the un-weighted leg come off the floor in line with the upper body
- The un-weighted leg acts as a counterbalance to the upper body weight reducing the stress to the spine.
- Reverse the steps to come to a standing position

Cat Stretch-2x15 reps with 2 sec holds



- Kneel on all fours and spread the fingers out on the floor with palms flat and contract the abs to bring the head, neck and back in alignment.
- Inhale and tip the hip bones towards the ceiling while drawing the shoulders back and down away from your ears; look up.
- Exhale and tuck the chin while pulling your belly towards your spine.
- Round the back and feel a stretch down your spine to your hips holding for 2 secs and the top and then lowering back down.
- Repeat for 15 reps.

Ball Bridge Reach-2x20 sec holds



- Lie face up on Sissel Exercise ball with legs bent, knees over ankles.**
- Rest head, back and hips on ball.**
- Bend arms with palms touching and slowly extend bent arms overhead.**
- Drop the hips and roll back on the ball for more of an abdominal stretch.**
- Only roll to the point of mild uncomfort.**
- Hold for 20 secs.**

Foam Roll-Hip Flexor



- Lie on far end of roller on one side hip complex.
- Slowly roll up and down
- Change position on roller to emphasize lateral (outside) areas.

Foam Roll-IT Band



- Begin with roller at hip bone on your side. Keep body perpendicular to ground.
- Balance on forearm.
- Slowly roll to find "hot spots"
- Change emphasis slightly by rolling side to side.

REMEMBER!!!!

Don't think of adding this in addition to your workout program, make it part of your workout program.

87% of People are attempting fat loss and failing. Not Anymore!

The Fat Loss Troubleshoot e-book is the education you need to start on changing your life. This book contains an all inclusive, proven 12 week fat loss program, meal planning and easy to follow methods to insure you don't fail. Don't put it aside any longer. I hope you enjoy learning about true fitness and nutrition and how to finally get the body you always wanted.

The Fat Loss Troubleshoot

An E-Book by Leigh Peele

- Support Your Weight Loss Goals
- Easy Meal Planning
- Exercises that Bust Through Fat in less than 60 minutes
- Shopping Made Simple
- Supplements You Can Trust
- New Aerobic Fat Loss Helper



About the author

The following was written in whole by Leigh Peele. Leigh Peele is certified by the National Academy of Sports Medicine and the American Fitness Professionals & Associates.



The NASM-CPT certification
is proudly accredited by the NCCA.



Leigh Peele currently trains clients in North Carolina as well as those around the country. Published and already making a name in the field of fitness training this is the first of what is to be expected of many releases in the future. For more information of contact please visit <http://www.fatlosstroubleshoot.com>

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