

# 21

## Height Increasing Workouts

**From: [GrowTallerAdult.com](http://GrowTallerAdult.com)**

I want you to try a simple experiment. Measure your height in the morning first thing when you wake up. Then, measure your height in the evening right before you sleep. Take measurements for a week (for statistical significance). Also, have someone else measure your height and have him/her measure you at the same point on your head (preferably the highest).

What you'll notice is that you're taller in the morning than in the evening. Cool huh?

The constant downward pull of gravity alters our inherited physical structure. This is why we are taller in the morning than we are at night (no joke, it's easy to prove, do it yourself with the experiment above).

Most of the stress of gravity on us is borne by the inter-vertebral discs of our balancing spine. These are the 24 small pads of fibrous cartilage which are sandwiched between every pair of our 24 vertebrae. They are literally shock absorbers that give each of us maximum mobility against every strain and stress on our spinal column.

However, our inter-vertebral discs (also called spinal discs) degenerate with age, due to lack of necessary nutrients, abuse, and disuse. This, in turn, results in shrinking of the spine—so much so that some men have been known to lose up to three or four inches in height as a result.

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**1** | Grow 3-4 more inches in height in 6 weeks, go to [GrowTallerAdult.com](http://GrowTallerAdult.com) to learn more (Note: my results are below average but this is not typical. I started at age 26)

Just this year, I was looking for ways to increase my height naturally. It didn't matter if it was just an inch or two; I just wanted to squeeze in some more height in me. I was looking for alternatives to pills/products that I've tried:

- Cherifer Premium PGM 10-22
- Secretagogue Stacks
- Kimi Soles
- Growth FelexV System

Because these things cost a lot of \$\$ and after drinking Secretagogue Stacks for a long time, I never really experienced positive results. In short, I was just burning money.

A friend, pointed out to me the [Grow Taller 4 Idiots Guide](#). I bought it and my eyes were opened to two new concepts: 1) spine decompression (which I discussed briefly above) and 2) HGH.

[Click Here to Check Out Grow Taller 4 Idiots](#)

I used the program and have **gained 2.2 inches** from it. I was thrilled and I didn't to continuously buy pills that would increase my height. Instant savings.

I did all the workouts everyday and make myself a HGH drink (recipe is easy to follow and ingredients are available anywhere) regularly. I also followed the recommended sleeping schedule and posture. I really maximized the use of the guide and it didn't disappoint.

All in all, I'm pretty happy with my height now of 5 feet 9 inches. Fairly average but way better than 5 feet 7 (I am male by the way). I am still not able to dunk a basketball but I'm very happy with how I stand now.

And because I'm very happy, I decided to compile a list of workouts that I did in addition to what is in the book. I incorporated these workouts in the program just as a fun way to change things up.

[Click Here to Check Out Grow Taller 4 Idiots](#)

I hope you enjoy these workouts, try them out! And if you want to really maximize your height growth be sure to follow the [Grow Taller for Idiots guide](#).

**Mario Chin**  
**27 Years Old**  
**Manchester, England**

"Was not short but wanted to be taller. I have always been the same height as my best friend Ben but now I'm three inches taller. He is 5'10. The results are fantastic and I cannot believe my own eyes."



# The Workouts

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Here are 21 more workouts to stretch your spine and increase your height. You don't have to do all of these everyday just pick around 3-5 which you're comfortable with, again if you want to follow a step by step program optimized for growth (take out the guesswork!) [then click here](#).

## 1. The Resting Back Arch

Assume the Following Position: Lie on your back, arms at your sides, legs straight, and toes pointed downward.

- 1) Take a deep breath into your chest (not abdomen) and simultaneously bend your knees and flex them to your chest.
- 2) Clasp your knees firmly with both arms.
- 3) Exhale while clasping your knees so tightly with your arms that your hips rise several inches from the floor, bed, or exercise mat. You will feel a strong pull all through the lower two thirds of your spine. At the same time...
- 4) Raise your head slightly off the ground and stretch it away from your body. You will feel a strong pull all the way from your neck and the upper part of your back all the way to your coccyx (tailbone). Hold this position for a slow count of seven, then release your legs and return to starting position.

### Frequency

Complete one set each day for ten consecutive repetitions (I personally perform this exercise twice each day; morning and night).

## 2. Cat Stretch

The cat stretch may help relieve pressure on the spinal disks, particularly those in the lumbar region of the spine, according to Mark Evans, author of Yoga, Tai Chi, Massage, Therapies and Healing Remedies. Start by positioning yourself on your knees and elbows, with your head facing forward. Raise your lower back by tightening your abdominal muscles. Hold the pose for 15 to 20 seconds, then relax your abdominal muscles to lower your back to the starting position.

### Frequency

Do 5 to 10 sets of 15 to 20 seconds each

### **3. Back Arch**

Like the cat stretch, the back arch serves to elongate the lower spine and relieve compression of the lumbar disks. Start by lying on your back on a mattress or exercise mat. Breathe deeply into your chest. Clasp your hands behind your knees and pull your knees up to your chest. Your hips should be at least a few inches off the exercise mat or mattress. Lift your head so that it does not touch the mattress or mat. Count to seven and return to the starting position.

Frequency: Repeat 10 repetitions at least once per day.

### **4. Child's Pose**

The child's pose is a simple yoga pose that stretches the spine by elongating the lower body along the natural curves of the thigh muscles. Start by getting on your knees on an exercise mat, advises Georg Feuerstein, author of *Yoga for Dummies*. Lower your head to the floor with your arms stretched in front of you. Gently pull your upper body forward to enhance the stretch of the lower spine.

Frequency: Hold the pose for 10 to 15 seconds and release the stretch.

### **5. Back Flexion Exercises**

Another way of adding more flexion to your spine is beginning on hands and knees and sitting back on your heels while your arms stay stretched out, low chest towards the floor. This is a very comfortable stretch and should not be painful. The key here is to make sure your hips remain low to the ground and you don't reach forward with your hands. Keep your hips back and your head and chest down. Again hold approximately thirty seconds then come back to hands and knees.

Frequency: Repeat 5 sets of 10 repetitions each

[Video Download Here](#)

### **6. Pelvic Tilt**

The first thing that's quite important to learn is a proper way to perform a pelvic tilt. Tilting the pelvis is very important because you need to be able to move the pelvis separate from the spine. So, the easiest way to do this is lying on your back with your knees bent up and think about pulling your bellybutton down towards your spine. Don't think so much about flattening the back against the floor, but more try to pull the bellybutton towards the spine and your back will automatically flatten towards the floor.

So as you pull your bellybutton in, your pelvis will actually roll up towards your chest. This is a position you should hold while you are performing many of these exercises.

Frequency: Repeat 5 sets of 10 repetitions each

[Video Download Here](#)

## **7. Hook Lying March Exercise**

Again, begin by performing a pelvic tilt and now slowly raise one leg at a time, only an inch or two, and back down, back and forth. The goal here is to do this without rolling your pelvis side to side and if you lock your pelvis in position, it should stay fairly strait. You should be able to speak while doing these exercises so you are not overworking yourself. Once this exercise is done correctly, you can add a combination. Again, lock your pelvis into position and as you raise your left leg, drop your right arm down over your head. And then alternate back and forth. Here what you don't want to do is let your pelvis tilt back up and arch your back, so your back should stay relatively still while performing these exercises.

Frequency: Repeat 5 sets of 10 repetitions each

[Video Download Here](#)

## **8. Abdominal Curl-up Exercises**

For strengthening the abdominal muscles, start in the hook lying position, cross your arms over chest, again roll your pelvis backwards to gently flatten the back, and raise your head and shoulders while keeping your belly pulled in. It's best to move slowly and note we are only coming several inches off the floor. For more of the lower abdominals, lock your pelvis into position, straighten out one knee, and gently raise it six to eight inches off the floor. Avoid arching your back when your leg is flat. And then repeat with the other leg.

Frequency: Repeat 5 sets of 10 repetitions each

[Video Download Here](#)

## **9. Back Extension**

This exercise stretches the muscles, ligaments and joints in the lower part of your back. Lie face-down on the floor or a mat with your legs extended backward and your arms extended forward. Slightly raise your upper body off the floor and draw your extended arms backward. Your back will be slightly arched. Do not arch your head backward.

Relax your lower back muscles and hold this position for five seconds. Lower your body to the floor.

You can increase the degree of difficulty by bending your arms and aligning your elbows directly under your shoulders. Position your forearms and hands on the floor with your palms facing downward. Slowly raise your upper body off the floor. This creates more of an arch and stretch. Hold this position for five seconds. Lower your body to the floor.

The highest degree of difficulty can be reached by placing your hands on the floor about 12 inches in front of you and extending your arms. Gradually lift your upper body off the floor. This creates the maximum arch in your back and provides the fullest stretch. Hold the position for five seconds. Lower your body to the floor.

Frequency: Perform this exercise 12 times.

## **10. Back Arch**

This exercise extends the back muscles and provides a greater range of movement. Kneel on the floor on all fours. Position your hands directly under your shoulders and your knees directly under your hips. Lower your head to between your arms and pull your buttocks inward. Tighten your abdominal muscles and arch your back upward toward the ceiling. Hold this position for five seconds. Return your head, buttocks and back to the start position.

Frequency: Perform the exercise 12 times.

## **11. Back Stretch**

This exercise stretches the lower back muscles and improves flexibility. Lie with your back on the bed or floor. Bend your left leg and bring it toward your chest. Place your left hand on your leg for support. Bend your right knee and bring it toward your chest. Place your right hand on your knee for support. Gently apply pressure on your knees and lower them toward your chest. Relax your back muscles to allow for the greatest stretch. Hold this position for five seconds. Return your feet to floor.

Frequency: Perform the exercise 12 times.

## 12. The Cobra Pose

The cobra pose is borrowed from yoga and can help strengthen the muscles along your spine and stretch your chest and abdominal muscles and relieve pain. To begin, lie on your stomach on an exercise mat with your weight on your forearms. Squeeze your thighs together and breathe evenly as you lift up onto your hands. Arch your back and stretch. Hold for a few seconds then relax. Only perform this exercise to the extent that it is not painful.



Frequency: Perform the exercise 12 times

## 13. Back Arch | Cat Back | Back Dog



Frequency: Hold position for 5 seconds, relax and repeat 5-10 times

- This exercise helps elongate your spine and stretch your muscles
- Stop if it causes sharp or shooting pain or numbness in your leg or foot

## 14. Sphinx



Frequency: **Extend back hold pose for 5 seconds, relax and repeat 5-10 times**

- This stretch mobilizes the lumbar vertebrae and can help unlock them and decrease disc pressure
- Stop if it causes sharp or shooting pain or numbness in your leg or foot

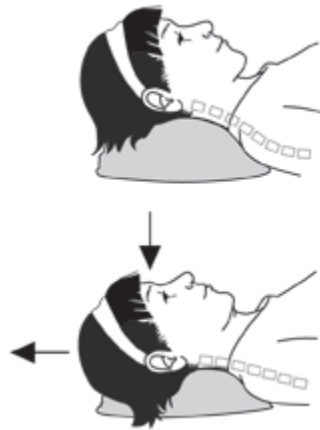
## 15. Knee to Chest Stretch



Frequency: **Bring one knee up towards chest with hands and hold 5 seconds, let it down and bring up other knee for a count of 5 seconds and repeat 5-10 times each knee**

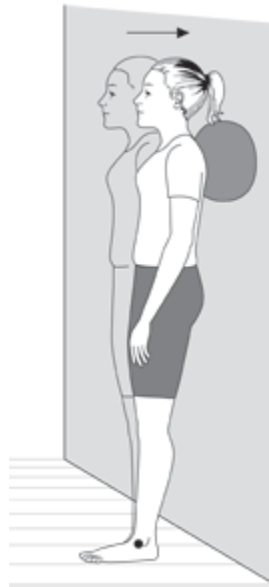
- This stretch is helpful in releasing tension from your hamstrings and glute muscles which may cause pressure on your lower back
- Stop if it causes sharp or shooting pain or numbness in your leg or foot

## 16. Neck Press against Resistance



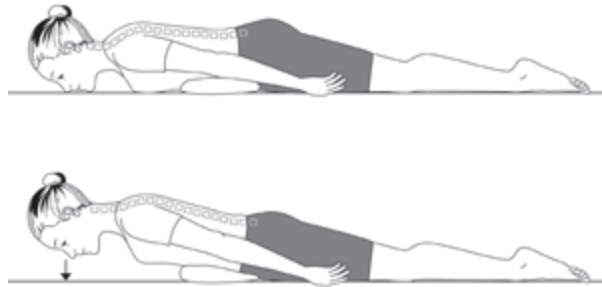
- Lie on back with pillow(s) under head to support in neutral position.
- Push head down firmly to straighten and lengthen spine as shown.
- Keep chin tucked and head facing upward.
- Hold for a slow 5 count.
- Relax for a couple of seconds.
- Do once in the morning and once in the evening every day—perhaps before getting up and going to bed at night.
  
- Frequency: Repeat 10 times or until neck muscles tire.
- Suggestions:
  - While doing these exercises tighten and relax muscles smoothly—don't jerk or apply sudden forces.
  - This exercise may become easy after a while. If so, replace pillow(s) with a firm rolled towel. It should fit comfortably behind your upper neck and base of the head supporting your head in a comfortable neutral position.

## 17. Strengthening Extensor Muscles



- Stand straight in good posture.
- Place ball behind upper back.
- Keep feet apart and away from wall for good balance.
- Push hard with feet and legs to press back against ball.
- Keep spine, hips and knees in the same position. Only the ankle joints pivot where shown by dot.
- Hold for a slow 5 count and follow with a 2 second rest.
- Repeat until you feel your leg or back muscles tire.
- Do once every day.
- Pointer: As strength increases move feet further away from the wall to push harder. Remember don't let your spine bend.
- Frequency: Slowly increase up to 15–20 repetitions.

## 18. Chest Raises from Prone



This is a more advanced exercise. Not everyone will be able to do this one. If you can lie on your stomach without difficulty, you can safely try this one.

- Lie on stomach on bed or floor.
- Putting a pillow under stomach is optional and makes it easier to get on stomach and lift head.
- Pinch shoulders back, smoothly lift head and chest and continue to look straight down.
- Hold for a slow 5 count.
- Rest for 2 seconds and repeat until tired.
- Do once every day.
- Suggestion: If you can get on your stomach but can't lift your head up, keep trying it. You might eventually start getting your head and chest up, and then you'll know your exercises are helping!

## Advanced Exercises (more physical)

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### 19. Hanging

Hanging relies on gravity to decompresses the spine lengthen and straighten to obtain height increase. Nothing complicated, just find a bar and hang on it for at least 10 seconds repetitions or as long as you can for 5 minutes a day, you must hang a total of 30 minutes a week at least (the more you do the better). It might be difficult to find a bar at home to hang on to that is high enough, a popular hanging device called Door Gym which only requires a door frame to create your own hanging bar without using any bolt or nails. If you want your back and shoulders to get wider and have that V-Taper,

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use a wider grip. After a few weeks in you can also accelerate the growth process by using Ankle Weights while you hang, adding extra weight to your body will increase the pressure and pull of the spine. Weightlifting Wrist Wraps are optional but I suggest it if you want to hold on longer and with less pain in your hands.

## **20. Body Inversion**

Body inversion can be done either with the use of an Inversion Table or Inversion Boots. When your body is inverted upside down, gravity stretches both the spine and knee cartilage at the same time. It is likely that you will be able to be inverted upside down much longer than hanging on a bar with hands which only last as long as until your arms get tired. While inversion table is not cheap and requires operating space, it has shown excellent result for those who use it consistently. Hang for at least 10 minutes a day break it down like 5 minutes in the mornings and 5 at night to get a total of 1 hour (if more even better) a week. One of the things that really helped me is adding weight to myself while inverted hanging using the inversion boots, I held a 40 pound weight plate in my hands while hanging upside down, it was a bit uncomfortable though and I gradually built the weight up, I suggest the use of a Weight Vest as it won't put strain on your arms.

## **21. Swimming**

To lengthen your spine while swimming, you should consider doing the breast stroke. It is the ideal stroke because while your legs are kicking one way, your arms are stretching you the other way. Since this is happening at the same time, this helps lengthen your spine as opposed to other swimming strokes. The second reason swimming is good is because being in pool of water effectively neutralizes the effects of gravity on your spine.

**[Step by Step Grow Taller Workout Program Here](#)**

(includes special recipe for HGH drink you can do at home right now)