

# Exercises for Growing Taller

## A Mini-Guide

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## Introduction

Our society places a great deal of importance on height. If you are of a smaller stature, you have undoubtedly felt that you have an unfair disadvantage.

However, you have the ability to overcome this challenge and make your body grow. While there are always artificial means, you have probably wondered how to increase height naturally.

The answer is a good exercise regiment, especially one that includes a stretching program designed to increase height. It is important that your exercises focus on the parts of your body that have the most potential to grow.

Your back is quite literally the foundation on which your body is built. Your back, more specifically your spinal column, allows you to hold yourself upright and supports all of your activity.

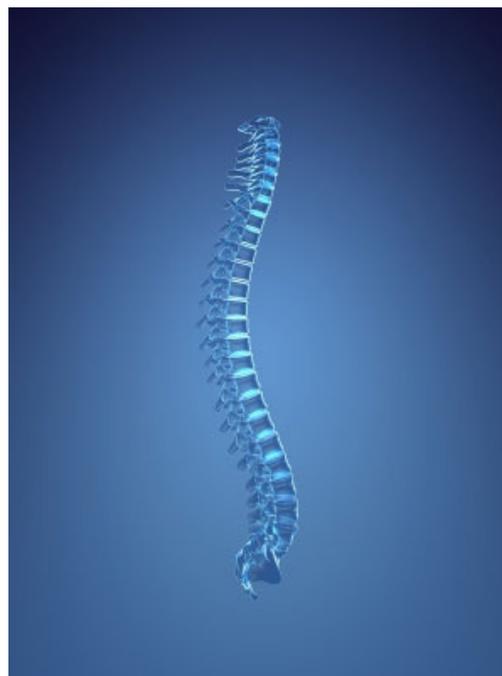
Your back is a complex structure that makes up for a substantial portion of your overall height. Therefore, the health of your back and spine can have the most impact on your current and potential height.

Your spine basically consists of three components. Your vertebrae are the 33 sections of bone in your spine. Your vertebrae essentially stop growing after adolescence, so it is important that we focus on the two other components of your spine, the muscles and cartilage, which have the most potential to grow.

In between your vertebrae are intervertebral discs made of cartilage that act as shock absorbers for the vertebrae and gives your spine flexibility. Your activity and tension during the day can grind down the cartilage, squeezing nutrients out of the discs and compressing them.

On the other hand, when you stretch out your spine you give your cartilage the opportunity to soak up fluid from your system and thicken. This thickening makes you taller.

So an average person, no matter what height he or she is, has the potential to be 2-3 inches taller.

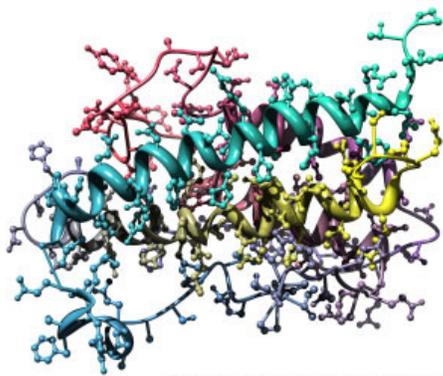


The muscles in your back maintain your posture, the curve of your spine, and support movement. If your back muscles are weak it can lead to poor posture.

If you have poor posture that you are greatly hurting your efforts to become taller. First, people with poor posture normally appear several inches shorter than they actually are.

Secondly, poor posture puts more pressure on your spine's cartilage and compresses the intervertebral discs.

If you want to know how to become taller naturally, then you must learn how to exercise your back so that it prevents this compression and promotes good posture.



Model of Human Growth Hormone

The muscles that support your spine must be strengthened to resist the daily strain which compresses your spine. Also, your spine itself must be stretched to the full extent to make it more flexible which accelerates the regeneration and thickening of the cartilage.

Another important point is that when you exercise, your body releases Human Growth Hormone, or HGH, into your system.

This is the complex hormone that triggers your bones, muscles, and tissue to increase in size. The better your workout, the more HGH will be in your system.

Furthermore, exercise strengthens your body to support it as the cartilage lengthens.

Although most workouts will help your body grow in some way, stretching exercises are one of the most effective and natural ways to increase height.

Stretching is an efficient way to exercise because it focuses on the parts of your body that you want to grow. The bulk of your height comes from your spine and legs.

On the other hand, not stretching stunts your growth because it weakens your cartilage and reduces the flexibility needed to grow.

It is very important that you develop a solid stretching routine. This means you have must discipline yourself to stretch regularly. You must also stretch long enough so that your workout is effective.

This mini-guide will now explain 15 exercises which will help reduce the compression of your intervertebral discs thereby making you taller.

## 1. Hanging

One of the biggest obstacles to growing taller is gravity. You spend most of your day in an upright, vertical position. All day long gravity compresses your spine and joints, which squeezes and thins the cartilage and makes you shorter.

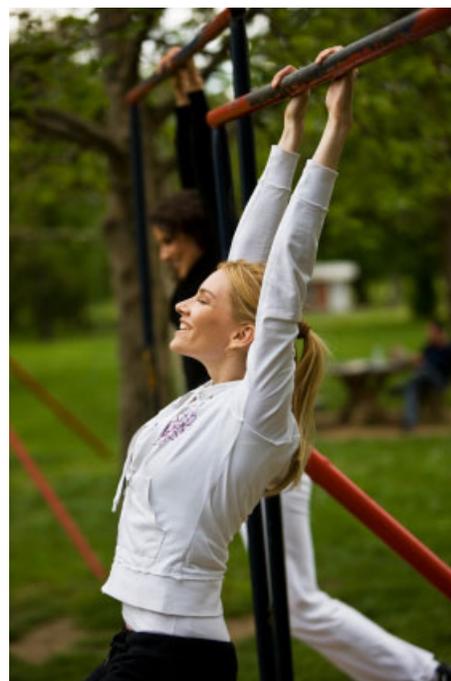
However, it is easy to counteract this affect through a simple hanging exercise because it lets the weight of your lower torso stretch your spine and reduce the tension between your vertebrae. In fact, hanging has been known to increase a person's height by one to two inches.

You will want to have a horizontal bar that is high enough so that your body can fully extend. If your body cannot fully extend, then bend your knees slightly until you hang freely.

When you grasp the bar, make sure your palms are facing away from you and your thumbs are almost touching.

While you are hanging, try to keep your arms, shoulders, and hips are relaxed as possible. This helps gravity pull on your body even further. Try to hang for at least 20 seconds and repeat the process when you are able to grip the bar again.

You should also repeat this exercise a minimum of three times. Also, if you wear ankle weights while hanging you will get an increased benefit.



## 2. Dry Land Swim

Also known as the Alternate Leg Kick, this exercise focuses on your lower back. You will want to start this exercise by laying down flat on your stomach with your body fully extended.



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Put your arms straight out in front of you with your palms toward the floor. Raise your left arm higher than your right arm. Then, keep your legs straight and lift your right leg off the ground as far as you can.

Try to hold that position for at least 4 seconds before gently lowering your leg and raising the other leg. Your goal should be to work up to holding the position for 20 seconds. Also, adding wrist and ankle weights to your workout will increase resistance and tone your lower back muscles even more.

### 3. Pelvic Shift

This exercise is a favourite of fitness instructors all over. It is simple, but you will quickly feel the stretching that occurs up and down your spine and in your hips.



You will want to begin the exercise by lying on your back with your shoulders and arms planted firmly on the floor.

Bend your knees and draw your feet as close to your buttock as you can. Next, arch your back so that your pelvis thrusts upward.

Hold this position for at least 20 seconds and try to work up to holding it for 30 seconds. As you repeat this move, you should feel more and more stretching in your front hips.

### 4. Sukhasana

The first exercise is called the Sukhasana and it is the “centered” position from which all other yoga moves originate.



It is important that you learn this position because it will help you control your breathing and make you better aware of your body. Furthermore, it tones your lower back and hips, helping the cartilage in those areas to decompress.

You will want to sit on the floor in a cross-legged position, your hands resting on your knees.

Focus on controlling your breathing so that it is deep and at an even pace. Keep your spine perfectly aligned and push your buttocks to the floor and gently lower your knees.

Take several, at least 5, deep breaths and then inhale as you raise your arms upward and over your head. Bring your arms down gently and steadily, exhaling as you do, and then repeat this entire move 5 to 7 times more.

## 5. Trikonasana

Also called the Triangle, is the second yoga exercise we will discuss. This is slightly more advanced than the Sukhasana.



It will help improve your balance and therefore help you have good posture. Also, it is a very good exercise to use if you want to center yourself and relieve tension.

To begin, stand up with your legs about 3 to 4 feet apart and your feet parallel to one another. Then, rotate your left foot 90 degrees to the left and your right foot 45 degrees inward. Inhale and raise your arms to the side so that they are level and parallel to the floor.

Exhale and turn your head to face down the length of your left arm and check that your left knee is lined up with your left ankle. Take one deep breath and then stretch towards your left ankle while you tilt your left hip down.

Once you have reached your maximum stretch, rotate your arms so that your left hand can now rest against the inside of your calf and your right arm points towards the ceiling.

Turn your head so that you are looking in the direction of your right arm and take several deep breaths. Then, inhale and straighten your body followed by an exhale as you lower your arms to your hips.

Pivot on your heels and face forward once more. Then, repeat this movement on the right side of your body.

## 6. Dog and Cat

The Dog and Cat movements are very popular exercises because they extend your spine fully in two different directions.



This extension will stretch every cartilage disc in your spinal column. While these are typically two separate movements, we are combining them together so that your body can get the maximum flexibility and height gain.

You will begin the exercise on your hands and knees with your hands slightly ahead of your shoulders and knees hip width apart. Inhale and tilt your pelvis up and curve your spine so that your stomach drops towards the ground and your head is up.

Fully stretch your body, but gently, and then move into the cat position by reversing the curve of your spine.

You should finish with your pelvis down and chest and stomach in. Move your body through this movement fluidly, repeating the full cycle many times.

## 7. Standing Forward Bend



This is a very simple, but effective, exercise. It is a great way to relax and decompress your spine. Also, it stretches your calves, hamstrings, hips, neck, and all of your back support.

To begin this exercise, stand with your feet approximately 18 inches apart and your palms on the back of your thighs. Then slide your hands down along the side of your legs without bending your knees.

Try to slide as far as possible, as you bend over make sure your hands stay firmly on your legs. As you bend you will find the resistance increase in your knees, but do not bend them.

Another variation is to slowly run your palms down the back of your legs, forcing you to arch backwards.

## 8. Downward Facing Dog

Also known as Adho Mukha Svanasana, this yoga-based maneuver is one of the great ways to increase height through stretching and increase your body's flexibility.

You will want to begin this exercise by getting down on your hands and knees. Your legs should be shoulder width apart and your fingers straight forward.

Position your elbows so that your inner arm is pointing away from you. Take a deep breath and curl your toes as if you were trying to stand on your toes.

Then straighten your legs as you exhale and push your arms upward.

Ideally, you want to push so that your spine is lengthening. Make sure your legs stay straight and your feet firmly on the floor.



If you need to bend your legs at first, that is okay. However, you will want to stretch yourself further and further each time until your legs stay straight.

Also, keep your shoulders flat and distribute your weight evenly to add the resistance on your spine. You should remain in that position for several deep breaths and then repeat the entire movement several more times.

## 9. Head to Knee

Keeping your spine straight while exercising is one of the best ways to increase height. Also, remember to breathe deeply and fluidly throughout your maneuvers because it will also help decompress your spine.

Begin this exercise by sitting on the floor with your legs fully extended in front of you. Bend one leg by pulling your heel as close to your body as possible, in a "P" shape, but keeping your buttocks planted on the floor.

You should rotate your body so that you are facing the extended leg and raise your arms over your head while you inhale. Keep your back straight as you bend forward slowly and exhale.

Do not bend at your hips, but by rolling forward on your buttocks. Tense your thigh muscles as you bend, this will release the hamstring and promote better flexibility.

At the end of your forward momentum, gently lower your arms to grab your foot and pull forward.

Then, pull your opposite leg into the “P” shape and extend the leg that was previously bent. Repeat the exercise for the opposite side of your body.

Keep your pace slow and breathe deeply throughout the exercise to fully stretch out your spine.



## 10. Double Forward Bend

The Double Forward Bend puts resistance on both your back and your hamstrings. This pressure pulls your spine, which stretches your entire spinal column and accelerates decompression which is how to become taller naturally.

Start by sitting on the floor with your legs stretched out in front of you and your hands on your hips. Stretch your arms out in front of you and bend forward as you try to touch your toes.

Although you may not be able to touch your toes at first, doing this stretch regularly will make your body more flexible and you will soon find that you can easily grab your toes.



This increased flexibility is a major step to becoming taller. You will want to repeat this move 5 times using both hands. Next, spread your feet apart a few inches and then stretch by alternating one hand at a time, touching your right foot with your left hand and your left foot with your right hand.

You should also repeat this stretch with each hand at least 5 times.

## 11. Backward Bend

The Backward Bend, also known as the Roll Over Stretch, is one of the better exercises to become taller. This exercise forces your spine to reach a maximum curvature which frees the cartilage to begin thickening and helping you become taller fast.



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To begin this move, find a firm surface and lay flat on your back with your arms extended towards your feet and palms on the floor.

Keep your feet together as you raise your legs over your head. Your goal is to have your toes touch the floor behind your head.

Push off the floor with your palms to give you the power to lift your legs over your head and raise your hips off the floor.

You may not be able to touch the floor at first, but you should work toward that goal without over-exerting yourself. After your toes touch the ground, or have reached as far as possible, then bring your legs back to your starting position in a gentle, controlled manner.

You should repeat this exercise at least 5 times.

## 12. The Cobra

This next exercise, called the Cobra or Bhujangasana, is a two stage exercise that stretches your spine but also tones the essential support muscles in your back and arms.

In the first stage of this exercise, lay on your stomach with your legs together. Your arms should be close to your sides and your hands by your chest.



Slowly arch your back so that your head and chest are raised as high as they will go, with your heart and chest pushed outward. Make sure to keep your buttock muscles tense to protect your lower back.

Take several deep breaths and then gently lower yourself back into your starting position.

You should repeat this step as much as you need to prepare for the next stage. In the next stage, do this movement again but when your head reaches its peak height raise yourself up onto your arms which will increase the stretching in your back.

You should stretch as far as you can without discomfort, but make sure you keep your pelvis on the floor.

Once again, take several deep breaths and then slowly come back down to your starting position before repeating the movement.

## Ab Exercises

Strong abdominal muscles help you get taller in two ways. First, it is known that the strength of your abdominal muscles directly corresponds to the strength of the muscles in your lower back.

These lower back muscles are critical to good posture. If they are weak, and your abs are weak, you will have poor posture which can actually decrease your height. Also, strong lower back muscles help your spine stay flexible which is a key to growth.

Second, working out your abdominal muscles helps you shed extra weight in your abdomen that normally pulls on your back and increases poor posture.

In this article, we will focus on three exercises that target your lower and middle abdominal muscles. It is important that these exercises be incorporated into a larger abs program so that all of your abdominal muscles are strengthened.

### 13. Lower Ab Crunch

The Lower Ab Crunch focuses on your lower abdominal muscles. It also helps give you better posture in your lower back by strengthening those muscles.



This exercise is a great starting block for an abdominal exercise program aimed at getting taller. You can do this exercise on the floor or on a bench. Lie down flat on your back with your knees bent at a 45 degree angle.

Contract your lower abdominal muscles so that your knees are drawn to your chest in a controlled manner. Then, slowly bring your legs back down. Repeat this process for at least 15 times, making sure that you pull your legs with your lower abdominal muscles each time.

Contract your lower abdominal muscles so that your knees are drawn to your chest in a controlled

Make sure your hip flexor has no to minimal movement throughout the exercise.

### 14. Leg Raise

The Leg Raise or Hip Up is a great follow up to the Lower Ab Crunch as you do your get taller exercises. It will further strengthen your lower back as it tones the muscles in your abdomen.



While this is a rather uncomplicated exercise, you will quickly feel how effective it is at working out your abdominal and lower back muscles. You can remain on the floor or bench where you just performed the crunching exercise.

Extend your legs up so that they are perpendicular to your body. Then raise your hips about 3 to 5 inches off the ground by pushing up with your lower abs. Your feet should always remain straight while you are lifting.

Gently lower your hips back to the starting position and then repeat at least 15 times.

## 15. Side Crunch

The Side Crunch should be the next step in your abs exercise program. There is probably no better exercise to workout the muscles along your rib cage and those at the sides of your abdomen.

If these muscles are toned, then the corresponding muscles in your back will also be toned. You can remain on the floor or bench that you used for the previous two exercises.

Lie on your side with your arms holding onto the bench or a heavy object behind you, bend your knees. In a very controlled manner, bring your knees to your chest and then lower them back to the starting position.



Rotate to your other side and then repeat the movement. You should repeat this at least 15 times per side. Remember to limit your movement so that your hip flexors remain still, to increase the resistance and toning on your abs.

## Conclusion

A successful effort to grow taller should be a combination of these three most important factors:

1. Proper Nutrition
2. Exercise
3. Sufficient Sleep

So it is imperative for you to learn how to balance all of these three factors. If you put 100% of your effort into exercise, but pay no attention to your nutrition and do not have sufficient sleep, you may only be able to achieve 50% of your actual potential.

This is the #1 reason why so many people are frustrated with the results of their efforts in growing taller. They try very hard to grow taller, but the results are always far less than they expect. Most people do not understand that the human growth process consists of a whole complicated set of mechanisms. If even one of those many mechanisms does not work well, the whole process will be set back or even broken down.

There are other factors which contribute to your success in growing taller, such as your posture but the above three factors are the most important ones that you must balance in order to grow taller.

The eBook [\*Grow Taller 4 Idiots\*](#) is an excellent book which will give you specific details on how to improve on these 3 aspects of your life.

The height exercises discussed in this eBook will help you start a good exercise program. However, the ebook *Grow Taller 4 Idiots* will **give you a more in-depth look at these and many more height increasing exercises that will help you reach your full height potential.**

The amazing and proven *Grow Taller 4 Idiots* exercise program is designed specifically to help you **increase your height regardless of age.** The exercises in this program will stimulate overall growth and height gain, **lengthen the spinal column, improve posture, and straighten any excessive curvature of the spine.**

These exercises are fully illustrated, with simple and easy to understand instructions. Each exercise has its benefits and purpose stated, and provides you with step-by-step technique. These exercises are safe, effective, and easy to do by people of all ages and fitness levels. They require no special equipment or apparatus and can be done in the privacy of your own home.

This specially developed program contains tried and tested principles and a revolutionary exercise program that will increase your height in a natural way. With the help of these principles and exercise program, any individual can succeed in increasing their height to their heart's desire.

Are you tired of being short and are ready to see the huge benefits that being taller can bring? Try the "Grow Taller 4 Idiots" system today!



### **Download the Grow Taller 4 Idiots System Today!**

**You have nothing to lose. We are 100% confident of our system and offer a 60-day unconditional money-back guarantee.**