



## Stretches To Grow Taller

If you are looking for ways to increase your height, then, stretching can certainly help you achieve that. Using stretches to grow taller has been used and proven many times over to be very effective in height increasing.

So, why do stretches help to make you grow taller ?

Well, first off, stretching helps to improve your flexibility and gives more room for your cartilages to expand and grow. In addition, greater flexibility also helps to improve your posture and ease the pressure acting on the spine.

Thus, if you want to grow taller and want to reap the maximum benefits and results out of your aerobic exercises to grow taller, then, stretching must be integrated into your routine.

It is important to choose the right stretches as what you really want is to stretch out your spinal column while at the same time, strengthen your lower back muscles.

As mentioned in other documents in the file, having a strong lower back also helps you to better support your upper body weight, which again, helps maintain a good posture for optimal height growth.

In this document, you will find 3 very useful and effective stretches to grow taller.

These stretching exercises are designed to not only improve your flexibility, but also has the benefits of improve your posture and strengthening your lower back muscles.

This is to ensure you get the maximum leverage out of your stretching exercises for height increasing.

So, here are the 3 stretches you can use to get taller:



**The backward Bend:** This is a great exercise to increase both your back flexibility and also the strength of your lower back muscles.

It is non-resistance and can be done by almost anybody irregardless of gender or age... well.. at least not over 50.

This height increasing exercise forces your spine to reach a maximum curvature which frees the cartilage so that it can begin to thicken, thus helping you to get taller fast.

What you want to do is to lie down flat on your back with your palms on the floor. Start off by lifting your legs upwards while keeping both of your feet together. The main purpose of this lifting is to try to get your feet to touch the floor on top of your head.

**Hanging/Chin ups:** As mentioned, one of the most important points to get taller is to strengthen your back muscles.

Hanging allows you to do just that because it makes use of gravity to stretch your spine and reduce the tension between your vertebrae, thus, allowing more fluids to be soaked into the cartilage.

For guys, I would recommend implementing chin ups into the routine because not only it helps with the spine stretch, it also builds great strength to the core muscles of your back.



In addition to all these, remember that activity produces HGH.

Thus, by adding chin ups into the routine, it helps to release more HGH into your body, which will aid you in getting maximum benefits out of your height increase routine.

The 3<sup>rd</sup> and final stretches that we will be discussing today is not as tough or complicated but very effective.



**Seated Forward Bend:** The seated forward bend is another set of height increasing exercise that puts resistance on both your back and your hamstrings.

The pressure that is created stretches your entire spinal column and accelerates the decompression, thus, allowing you to become taller naturally.

You should start out by sitting on the floor with your legs spread shoulder width apart. Stretch out your hands as if you are trying to reach for your toes. As you go down, remember to bend your back.

This exercise may be hard at first try so it does not necessarily mean that you have to touch your toes and all. But over time, that should be the ultimate goal as you get more flexible with your back.

### **SECRETS TO GROW TALLER EXPOSED !**

Discover more stretches and secrets to grow taller naturally with **FREE** tips and **DETAILED** exercise illustration on how to grow taller, including images, nutritional diets and the science behind growing taller:

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