

## CHAPTER 5

### STAGE II (Regular Exercises)

By now you have completed your first week of Stage I (preliminary exercises) in which you did every day, twice a day. By this time you should notice a general feeling of better health and awareness about yourself. Any problems with poor posture should have been corrected by this time. You should be sleeping more comfortably now that you've straighten your body out on a firm mattress and learned to "kick" the pillow habit. And yes, there is an excellent chance that you have noticed a little bit more of you than usual standing in the mirror. That's right some of you have already begun to notice an increase in your stature. If you haven't there is no need for alarm. We've only just begun so please dismiss any negative attitude. Remember, you have the rest of your life to be short. So keep giving a 100% effort and the results will come.

At this time however you are still not fully prepared to start our Stage III (Advanced exercise) program. Your body still needs to be conditioned and prepared for each demand placed on it. The same as with an athlete, your body must be in shape to guard against severe strain resulting in torn ligaments, or over-exertion which occurs when your body is not physically prepared to handle such stress and strain.

— These Stage II (Regular Exercises) will do the same things as the Stage I Exercise did plus much more with more results. But, remember they should not be attempted until at least one full week of the Stage I Exercises have been completed. Your body is now ready for more strain, more exertion, and more stretching than it was one week ago.

— These exercises are designed to not only help in the continued straightening of the spine but, also in stretching the body and strengthening of the muscles involved. This is how you're going to accomplish your ultimate goal of more height.

— You will continue to perform the Stage I Exercises every day in addition to the Stage II Exercises. To avoid over exerting yourself, we advise doing only 5 out of the 15 Stage II exercises each day and rotating them each day. For example you would perform the first 5 on the first day, the second 5 on the second day, and the last 5 on the third day. Repeat this cycle 6 more times for a total period of 21 days doing both Stage I and Stage II Exercises.

— Remember, during this 21 days span and the previous 7 days, to eat a well-balanced diet, and if necessary, develop a vitamin supplement program, get plenty of rest each night and hold your posture straight and tall at all times.

— By following our directions accordingly, with these exercises you could add as many as 2 or 3 additional inches to your height in this chapter alone, and you can look forward to several extra inches in the following 12 weeks.

1. Stand erect behind a chair, feet together with hands gripping the back of the chair. Your feet should be about 12 inches away from the chair. Lift your left leg back and up as far as possible, maintaining your grip on the chair for support. Bring your leg down, and repeat the same procedure with your right leg. Perform the leg lifts slowly and stretch them out as far as possible. Repeat the leg lifts 10 times for each leg.

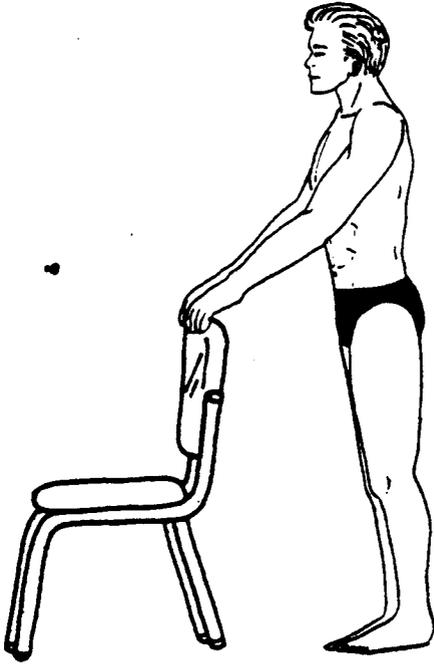


FIGURE 1

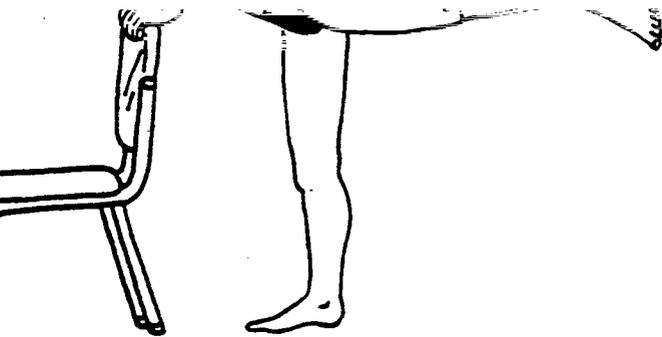


FIGURE 2

2. Lie flat on your back on a firm surface. Lift your left leg up, bending it at the knee, and touch your chin to your knee. Grasp your leg with both hands below the knee, and pull your knee to your neck. You may lift your head off the floor, towards your knee, but do not lift your shoulders off the floor. When your knee touches your neck, hold that position for a few seconds, and then return to the original starting position. Perform the exercise with the other knee. Alternating legs, repeat the exercise 10 times with each leg.

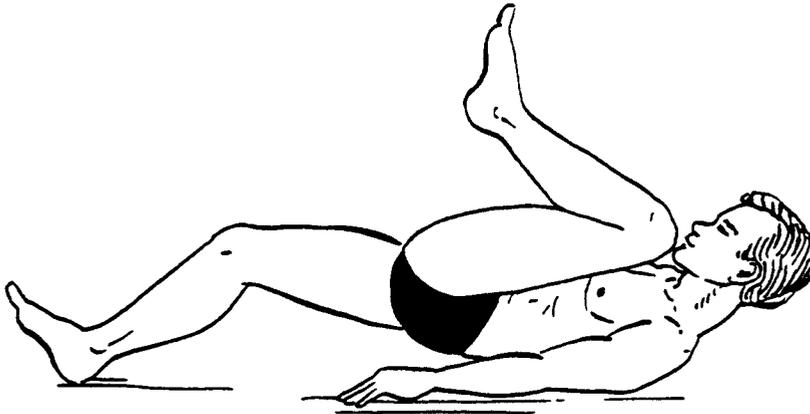


FIGURE 1

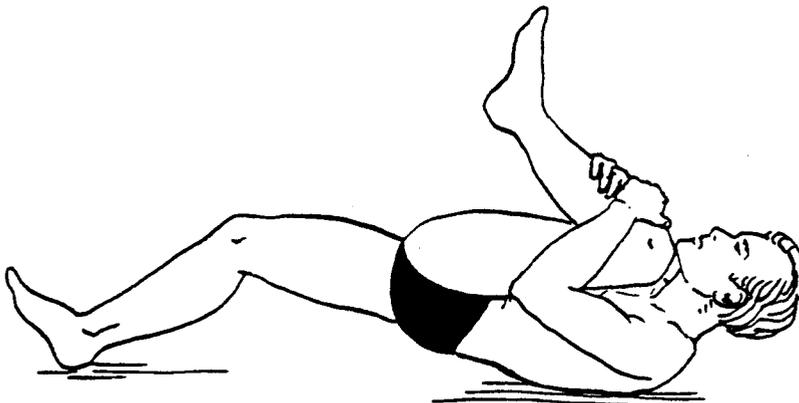


FIGURE 2

(Note) When bringing knee into chest remember to inhale so lungs are filled with oxygen. Holding that position, then exhale while returning to starting position.

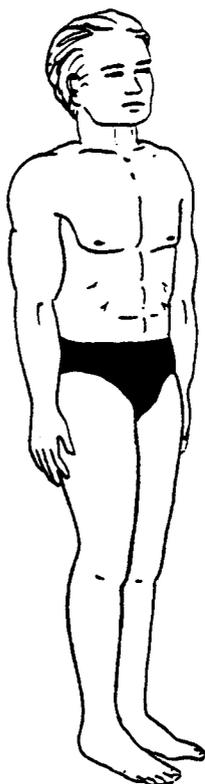


FIGURE 1



FIGURE 2

**3. Stand erect, knees and heels together with arms relaxed at your sides. Raise your arms outward and up until they meet at the highest point over your head with the knuckles of each hand facing and touching each other. As you raise your arms, lift your heels so that all your weight is on your toes. Stretch your arms and body up as far as you can. As the arms are raised, inhale and fill your lungs to full capacity. Lower your arms in the same course as you raised them, exhale slowly, and lower your heels until they touch the ground. Repeat this exercise for 1 minute the first time, 2 minutes the second time, and 3 minutes every time thereafter.**

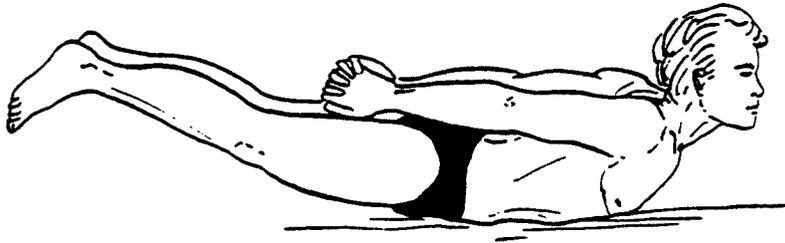


FIGURE 1

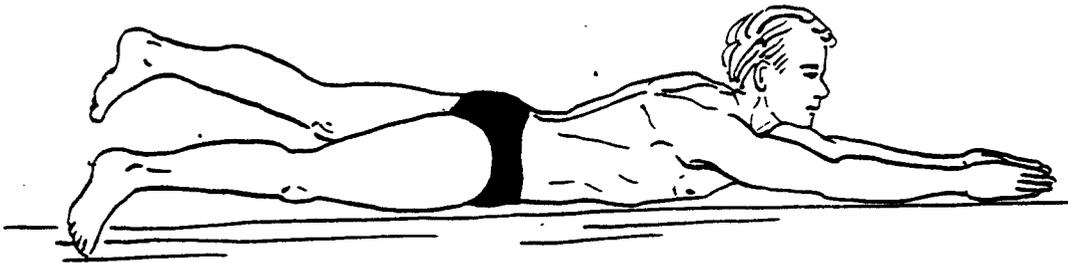


FIGURE 2

4. Lie down on your stomach with your hands behind your back, clasp your hands together and interlock your fingers. Arch your body so that your head, shoulders and legs are raised off the ground and maintain this position. Rock your body forward and then backward several times, and then relax. Repeat this exercise 5 times. While still on your stomach, stretch both arms out in front of you and rest them on the floor. Commence raising and stretching your legs upwards, alternating legs, without bending your knees. Do this 5 times with each leg. As in all exercises, if at any time you become very tired, stop and rest before continuing.

5. Stand erect with your arms high over your head and your thumbs interlocked. Stretch your body upwards vigorously without lifting your heels, and then bend far to the right. Return to the position with your arms over your head and bend far to the left. Repeat this movement to the right and to the left alternately for 10 times. Rest 1 minute, and repeat it another 10 times. Do it slowly, but keep stretching your arms and torso all during the exercise.

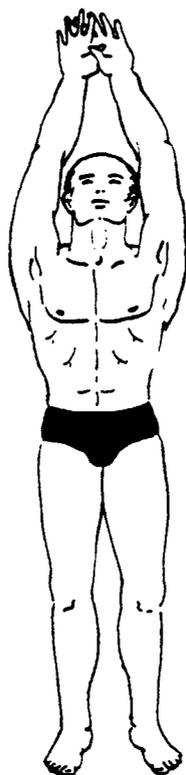


FIGURE 1

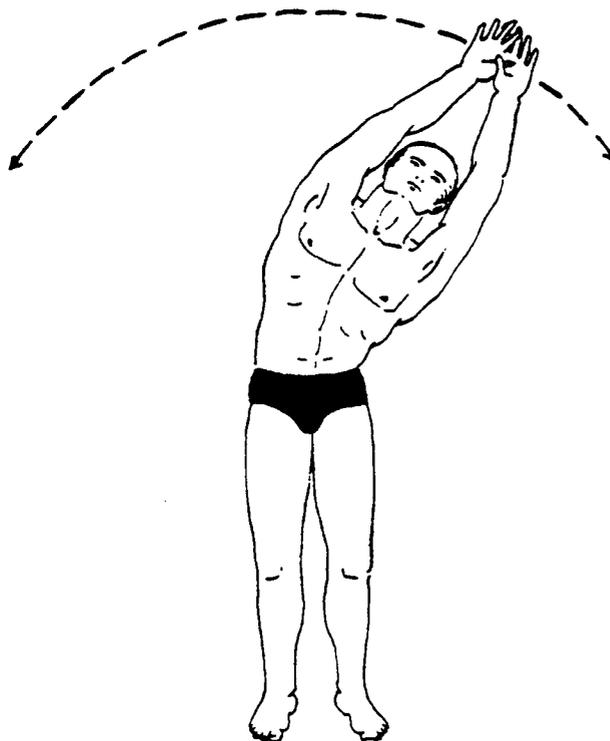


FIGURE 2

6. Lie flat on your back with your hands below your buttocks. Raise both legs off the ground, straight up. Bend your knees and lower your toes so that they touch the floor. Lift your hips off the floor, supporting your body with your hands on the floor. Arch your body so that your weight lies only on your shoulders and your toes. Lower your hips so they rest on your hands, lift your toes, straighten your legs, and lower them to the floor so that you are in the starting position. Repeat this procedure 10 times, each time trying to arch your body as much as possible when you touch the floor with your toes.

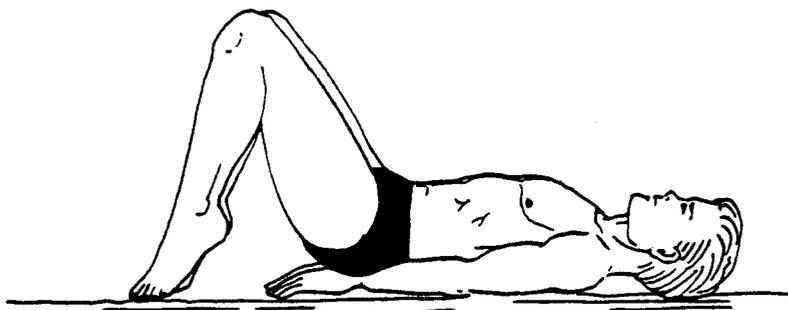


FIGURE 1

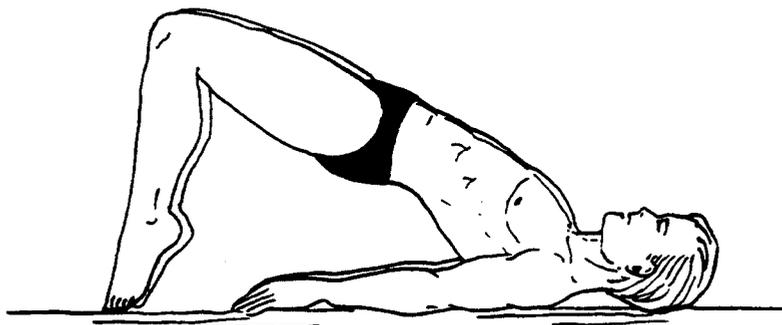


FIGURE 2

7. Seated in a large arm chair, stretch your feet straight out and stiffen your body so that the only points of contact between your body and the chair are at the top of the chair and at the front of the seat. Your buttocks should be resting on the front of the seat. Lean slightly forward, and at the same time bring your knees up to your chest. Use your arms to help bring your knees closer to your chest by wrapping your arms around your bent legs and pulling them towards you. Breathe normally during this exercise. Release your legs and return to the original position. Repeat this exercise 5 times.

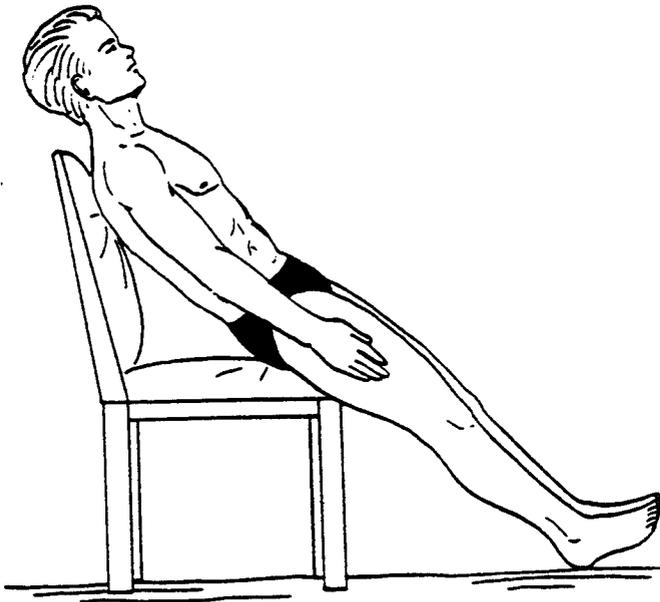


FIGURE 1

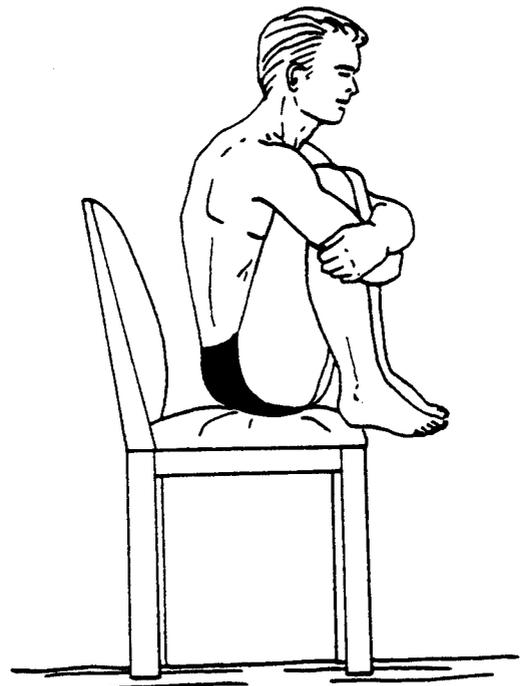


FIGURE 2

8. In the standing position, feet about 18 inches apart, place your palms on the back of your thighs. Without bending your knees, slide both hands down the sides of your legs as far as you can reach. You will have to bend forward to perform this exercise, but be sure to maintain contact between your palms and your legs. The further you reach down, the more excessive the strain on the back of your knees. Do not bend them. Vary this exercise by placing your hands on your buttocks and moving them down the back of your legs, bending your body backwards to enable you to perform this movement. Perform each of these exercises, slowly, 5 times.

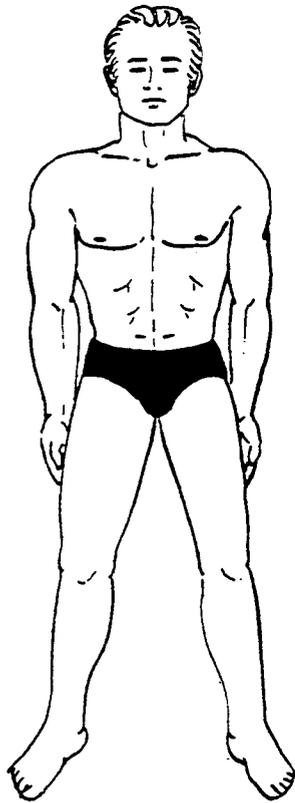


FIGURE 1

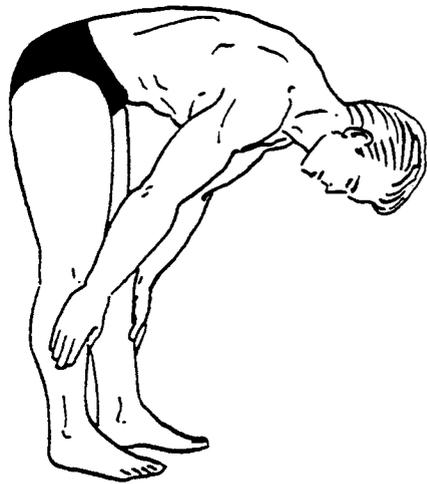


FIGURE 2

9. Stand erect with your back to the wall, feet flat on the floor. Your feet should be about 24 inches away from the wall on the first time you perform this exercise. On following days, you will increase your distance from the wall 3 additional inches each time. Stretch the arms forward, upward, and then backwards over your head until your fingers touch the wall behind you. Do not allow your body to touch the wall. If you find it very easy to touch the wall, move a few more inches away from the wall. You should have to stretch your body to enable you to touch the wall. After your fingers achieve contact with the wall, return to the original positions by bringing the arms back over the head and then down. Repeat this exercise 7 times. Keep a careful record of the distance from the wall the last time you performed this exercise so you can increase this distance by three inches each different day you perform it.

24 inches  
27 inches  
30 inches  
33 inches

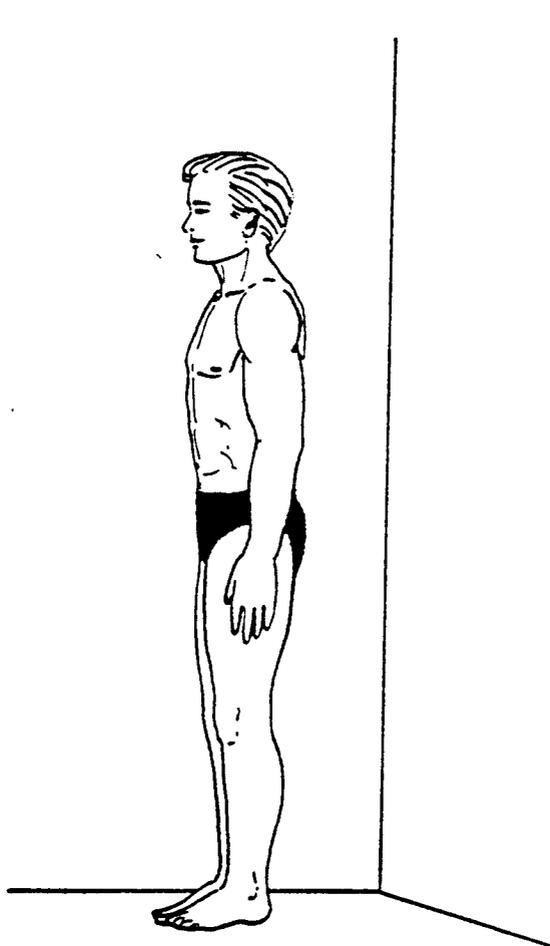


FIGURE 1

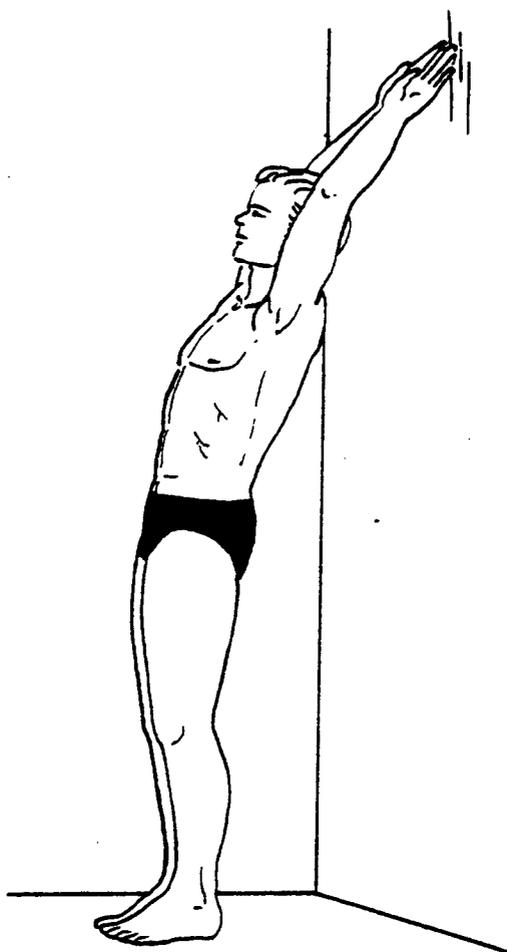


FIGURE 2

10. In the standing position, place your left leg far out in front of your right leg, and distribute your weight evenly on both legs. Without lifting your right leg, shift your weight forward to your left leg, bending the left knee and placing your left hand on your left knee to maintain your balance. Lean forward as far as you can, placing most of your weight on your left foot. You may lift your right heel, but do not allow your right toes to lift off the floor. Stretch your body forward as far as possible, hold this position for 3 seconds, and return to the starting position. Switch positions of your legs, and perform the exercise by shifting your weight forward to your right leg, and maintain balance with your right hand. Perform the exercise 5 times in each position.

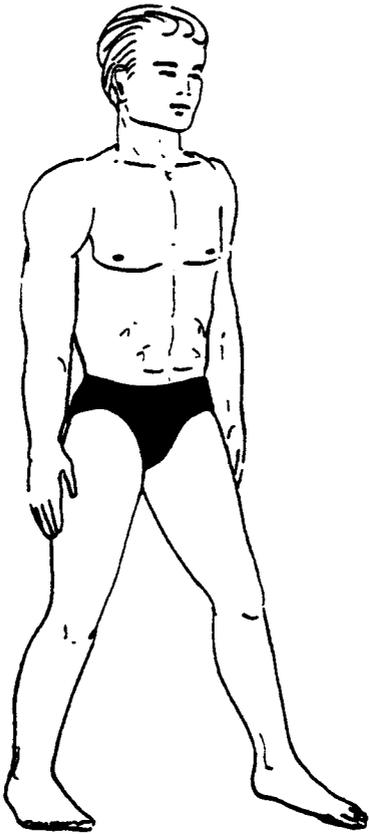


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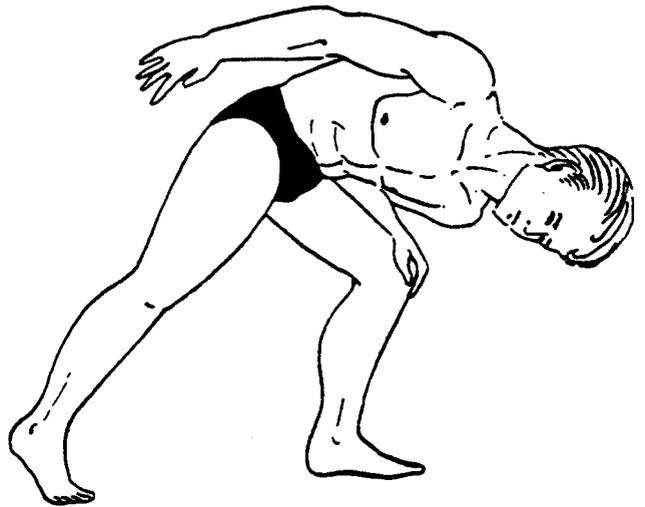


FIGURE 2

12. Sit on the floor with your legs extended straight out in front. Place your feet under an article of furniture (chair, table, or sofa) to keep them from moving during the exercise. Interlock your fingers behind your neck, and start the exercise. Slowly revolve your trunk in a large circle, bringing your upper torso forward, to the right, backward and to the left, as far as possible. Rotate your body in as wide a circle as possible, and then reverse directions. Repeat this exercise for 30 seconds, rest 15 seconds, repeat 30 seconds, rest 15 seconds, etc., for a period of six 30 second units.

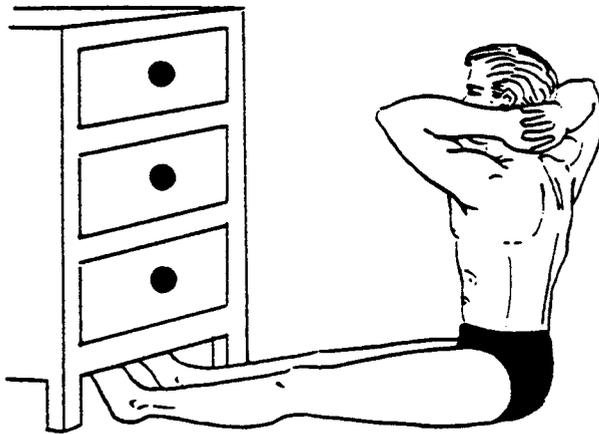


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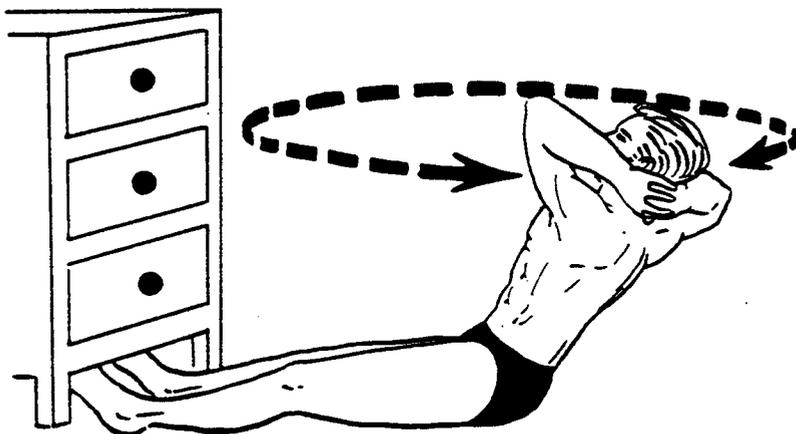


FIGURE 2

13. In the standing position, with your legs spread widely apart, raise both hands straight over head and overlap your hands. Bend over forward and touch the floor between your legs, then return to the original position. Perform this exercise 10 times. You will notice that the wider your legs are spread apart, the easier it will be to touch the floor. As you progress in this and the other exercises, you should bring your feet closer together so that it will be more difficult to touch the floor with your fingers. If you can touch the floor with your feet close together, you should then strive to touch the floor with your palms.

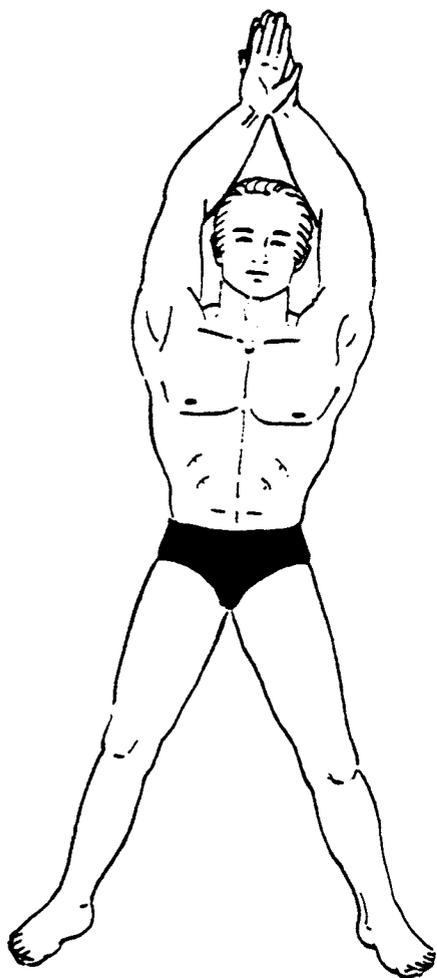


FIGURE 1

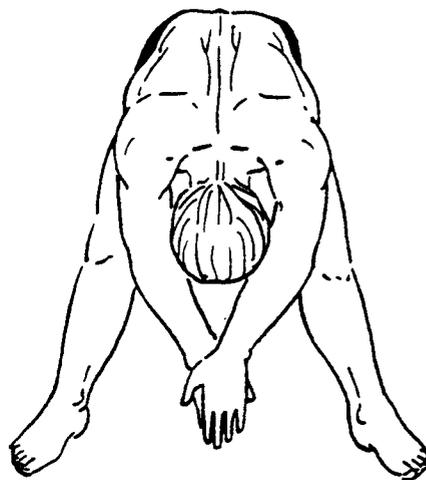


FIGURE 2

14. In the prone position, lying flat on your back with your arms by your side, raise your arms and bring them straight back over your head until they are stretched out on the floor, pointing away from your head. Resting all of your weight on your outstretched arms, your shoulders, and on your heels, slowly raise the back, hips, torso, and upper legs off the floor. Stretch your body up as high as you can. Hold that position for a few seconds, and return to the original position. Perform this exercise 5 times.

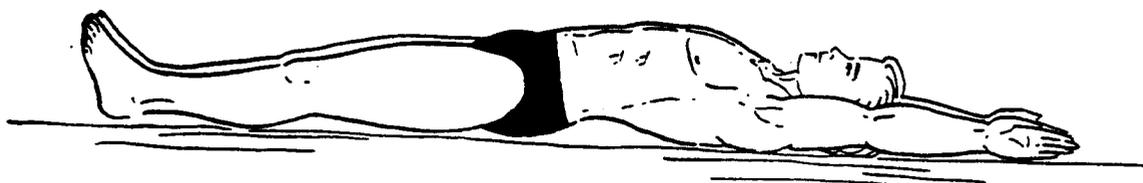


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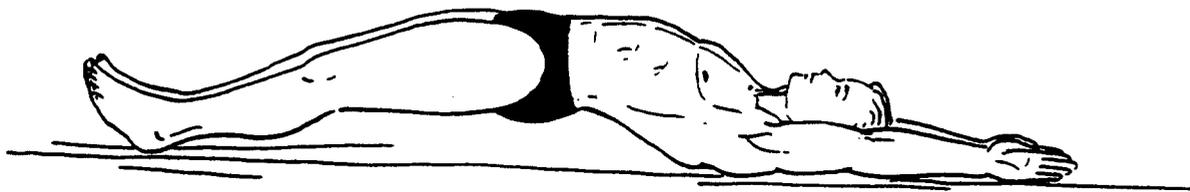


FIGURE 2

15. In the standing position, feet spread slightly apart, hands behind the neck with your fingers interlocked. Bend the body forward from the waist, without bending the knees, and try to bring your head down between your legs. Of course, it will be impossible to bring your head all the way down, but stretch your body as far as possible without straining yourself. Do not remove your hands from behind your head. Use your hands to help push your head down further. When you have reached as far down as possible, return to the starting position. You will perform this exercise with more ease after one or two weeks. Perform this exercise 5 times.

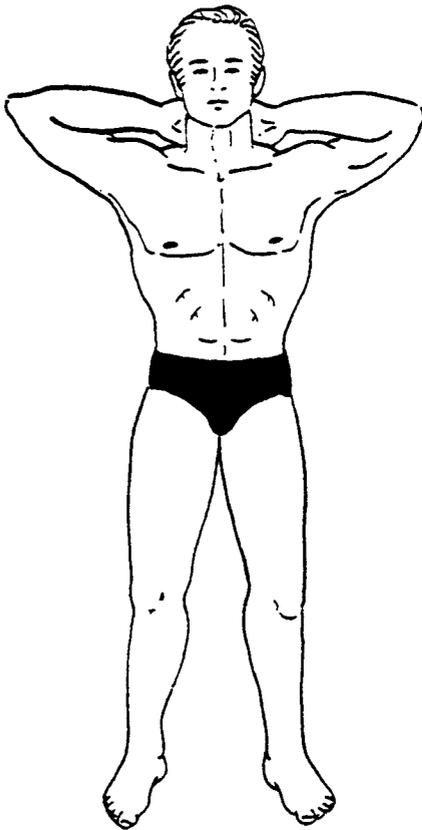


FIGURE 1

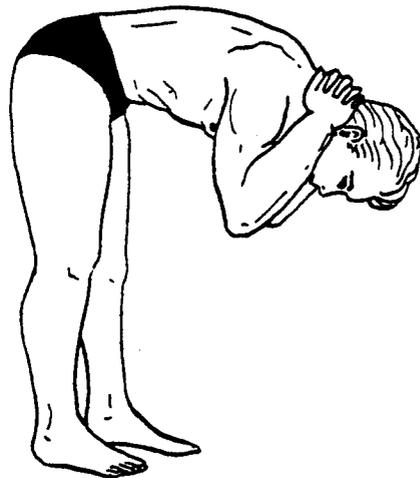


FIGURE 2

## CHAPTER 6

### Stage III (Advanced Exercises)

A total of four weeks have passed since you first started our exercise program, and if you've followed our instructions carefully and dedicated yourself toward your goal of being taller, you should have at least increased your height by one or two inches and possibly as much as three or four inches.

Maybe you have noticed that many of your clothes are now too short for you and may not fit properly because of your thinner waist-line and improved posture as an extra bonus in addition to your extra height. By now our training program should be a regular part of each day for you. Your body is now in much better condition to handle any additional demands or rigorous training placed on it.

Before you start the Stage III (Advanced Exercises), you are probably wondering how many more weeks or months you must devote to these exercises. Actually there is no specific time period or answer to this question - it's entirely up to you and how tall you would like to be. Now that you've finished the Stage II Exercises, you have the rest of your time to devote to these advanced exercises.

You are required to perform all 10 of these Stage III (Advanced Exercises) each and every day for periods of 7 consecutive days. You may then cease the exercises for a period of 2 days, and then you must resume the program for another 7 day cycle. The 2 day interval between cycles is simply a precautionary measure to eliminate the possibility of exhaustion, strain, or other stress. Keep repeating the cycle over and over again for several months or longer depending on the results you want to achieve. As a general rule, you will notice an additional increase in your height after only 2 or 3 weeks of performing this advanced exercise program. The increase will be between 1/2 inch and 2 inches. Since each individual is different it's impossible to accurately predict any one person's results. There are too many factors involved. Some of you will achieve rapid results while others will take longer to achieve the same results.

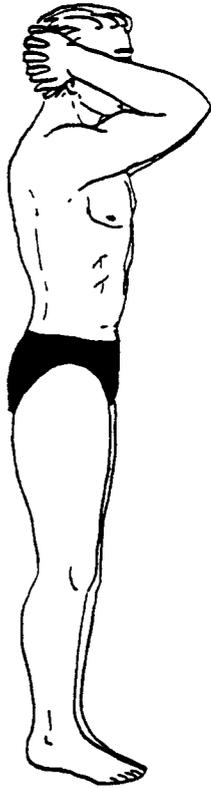
Each person should keep a written record of his or her starting height, and proceed to take measurements every 7 days. Do not measure your height more than once every 7 days, since it can be very discouraging if you find little or no increase at all from the previous day. On the other hand, if you take a measurement once a week, we are certain you will be pleased with your results.

You should be able to sufficiently complete all of the 10 advance exercises within thirty to forty-five minutes. To obtain the maximum results from these exercises, they should be performed shortly before going to sleep.

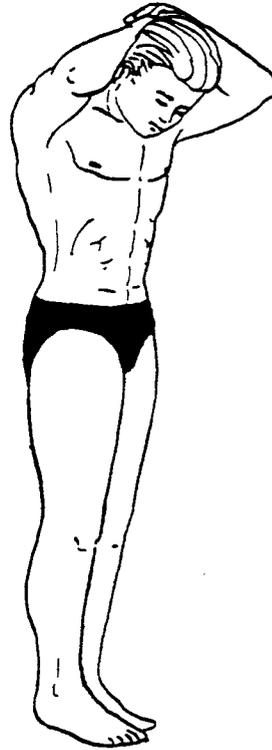
This way your body will have the whole night to rejuvenate itself while you sleep. Remember in addition to these exercises and getting plenty of rest, eat a well balanced diet consisting of the right nutrition needed for promoting growth.

**Exercise No. 1. Neck & Upper Spine.**

In the standing position, place your hands behind your head and interlock your fingers. Use the hand and arm muscles to push your head forward and down, and at the same time, utilize your neck muscles to resist this pushing motion. While exerting these opposing pressures, allow your head to be pushed forward until your chin rests on your chest. Relax the pressure on your head, and return it to its normal position. Repeat this procedure 10 times, then rest 10 seconds, and repeat the exercise 10 more times.



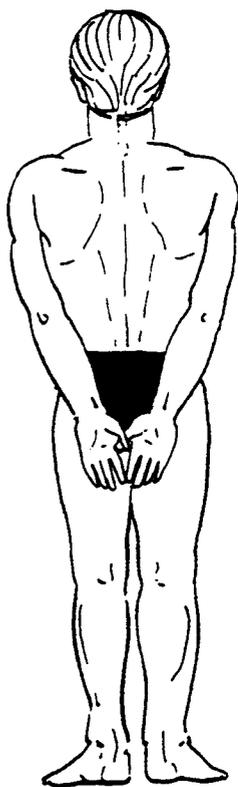
**FIGURE 1**



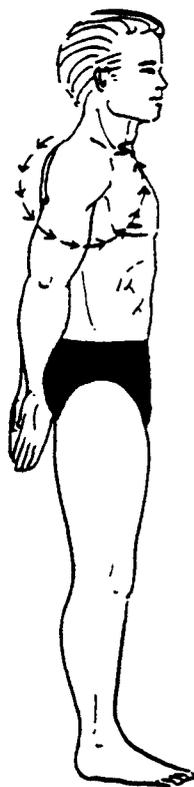
**FIGURE 2**

**Exercise No. 2. Upper Spine & Shoulders.**

In the standing position, head up high, arms at your side. Bring your arms backward and interlock your thumbs behind your back and below your waist. This is your starting position. Keeping your thumbs interlocked, and your arms always as straight as possible, bring your shoulders up, then back, then down, then forward, then up, back, down, forward, performing a circular motion and trying to extend the shoulders as far as possible in each direction. Perform this exercise slowly, always being aware that you are stretching your shoulders to their limit. Perform three sets of ten circular motions. You may take a short rest between each set.



**FIGURE 1**



**FIGURE 2**