

5 Myths About Flexibility That May Be Holding you Back!



The *Front Splits Fast!*

Flexibility Program

Special Report

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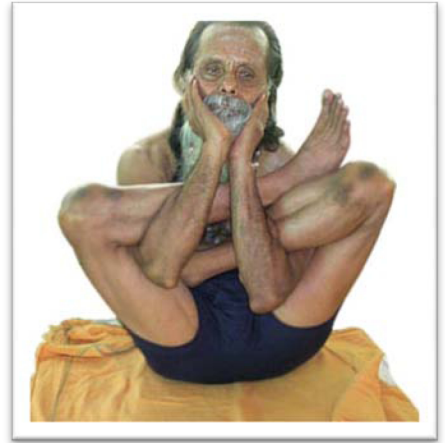


Introduction

Let's face it... People have been trying to get more flexible forever. And I literally mean FOREVER!

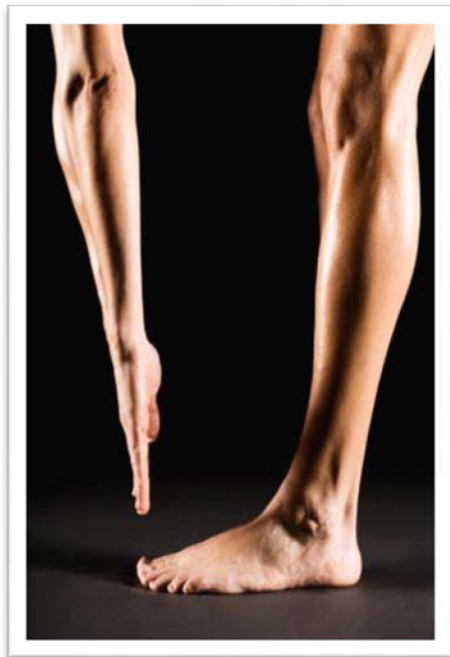
Ancient Yogis in the heart of India understood the power in being able to release the mind and control the body into special postures and spent hundreds of years perfecting their art.

Asian Monks saw the need to have ultimate flexibility to become the ultimate warriors - nimble, agile and extremely fast. They too spent lifetimes discovering the secrets to unlocking true potential and fiercely guarded their secrets.



People pull and push both themselves and others into weird and wonderful positions in an attempt to become more mobile. They strain muscles, wake up tighter the next day, and often get frustrated at the lack of results after years of stretching...

Dancers, rhythmic gymnasts and athletes all desire maximal flexibility to develop their art and to push the boundaries of human potential and will go to extreme measures to get more mobile. Because of the ultimate desire to become flexible, the realm of flexibility training is fraught with myths about what to do, how to do it and what not to do.



Thankfully, now that medical science is beginning to understand the teachings in many ancient arts, and is doing more research, we can work out actually what works and what doesn't!

So even if right at the moment you can't even touch your toes, this PDF will help you discover the truth behind 5 core myths about flexibility that are holding you back!

I share insights and tips that will help you begin to understand your body and ways that you can work with it to become more mobile than you even thought possible!

Myth Number One...

“You have to be born flexible!”

This is one of the most common complaints that I hear. From people young and old; dancers and their parents; therapists, athletes and all kinds of professionals...

“But I am just not a flexible person.”

“I wasn’t born Flexible, so it’s no use trying.”

“Some people are just flexible and I am not”

And it is a MYTH.

Yep!

While yes some people are more flexible than others, and often without trying, this does not mean that if you have not been flexible in the past you can’t start now.

Some people naturally do not hold tension in their bodies as much as others, meaning that their muscles do not get as tight just doing the day to day kind of stuff. But this can be changed!

So much of the tension in our bodies is due to the way we walk, the way we dance and how tense we are about just about everything! One of the most powerful things that you can do is watch yourself during the day, and notice what muscles you hold on to and which ones you relax. This can be a massive key to unlocking some of the tension that you are holding in your body and becoming your most mobile.

So don’t write yourself off just yet. No one is too far from help. Everyone can get more flexible. Its just about learning about your body, learning about YOU, and how your body really wants to work.

Enjoy the ride!



Myth Number Two...

“But I am too old to start stretching!”

Ha Ha Ha Ha Ha! How many times have I heard this one! And once again, it is just simply not true.

First of all, your flexibility does not have to come from stretching. There are so many ways of getting more flexibility by understanding the real systems of mobility in your body. If you can unravel all of the neural and fascial tension in your body you will be AMAZED at how flexible you can get without even going near a stretch.

Check out what this is all about at by watching the video I created the other day on YouTube at <http://www.youtube.com/watch?v=dxpbQLHuJg8>

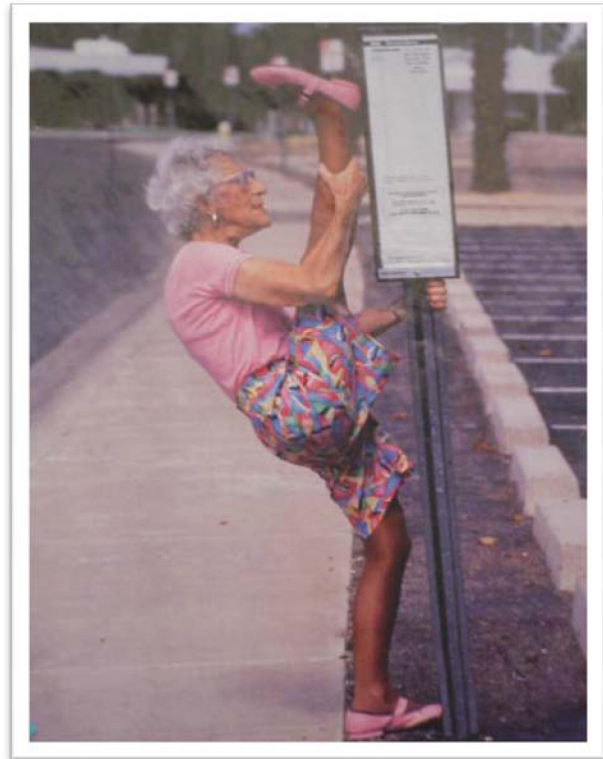
The second thing is, even if you still subscribe to the notion that your muscles are ‘too short’ (another myth...) this is TEMPORARY.

Believe it or not, your body is in a constant state of reformation. (After one of my workshops two of the teachers wanted to get t-shirts made with that as my slogan!)

This means that no matter how old you are, your cells are dying and recreating themselves all of the time. There are some cells in your brain that have been around for a very long time, but most of your muscles and skin are turning over at a pretty high rate.

This means that if you give your muscles a different message, they will begin to evolve themselves into longer and longer positions anyway.

So whatever way you look at it, no matter how old you are, I promise you that you are not too old to start becoming more flexible. You may be set into some rather stubborn habits that need to be changed, and change the way you think about your body, but you are never too old to begin working with your body in an intelligent way.



Myth Number Three...

“Stretching doesn’t work.”

Now, this is a kind of curly one...

By now you will probably have worked out that I actually don’t really advocate stretching as being that necessary to get more flexible, but I do still use it and it can be very effective IF DONE RIGHT.

Because, you see... there is ‘stretching’ and there is ‘stretching’!

While I was at university we had to do an assignment where we looked at all of the medical studies that had tried to assess whether stretching actually worked or not. Now a lot of these studies came to the conclusion that stretching didn’t work, but then I began to look into exactly what they were testing.

Hmmm... 100 military soldiers doing 3 x 30 second calf stretches per day. I wonder why this one didn’t work! No mention of actually how they were taught to ‘stretch’. Was there any mind control involved? Were they warm? Was there any massage component? Or did they just get the muscle, stretch it till it was tight and hold it there?

So yes... Talking a muscle into a strong stretch and holding it there for a few seconds will not make you more flexible (and actually be more harmful than good). But don’t use this as a cop-out to discount all ‘stretching’

There are so many different methods of ‘stretching’ that to discount them all in one blanket statement would be a massive mistake.

Try to think of the techniques I use as ‘Flexibility Exercises’ rather than ‘Stretches’ and see what

Again, it is all about learning your body, feeling into it and learning how to talk to it, work with it not against it, and discover all of the different ways that you can work together to achieve your goals.



Myth Number Four...

“You have to sit in a stretch for at least a minute to make it work.”

Once again... Not true.

One thing that I have discovered in all my years of working with flexibility is that the more you work at it, the more you get to know your body, the faster it responds.

When I first started working with these methods of releasing it used to take me a little while to talk to my muscles and tell them to relax.

Now, as with everything that you do repetitively, the process is much faster, much simpler and the results stay for much longer.

So, once you learn how to let go in a particular ‘stretch’ if your body comes to like that position (through some gentle persuasion methods!) next time around it will all happen a whole lot quicker, and then you will be able to discover even more range! Once your body knows that it is safe to go into a certain posture, you will find less of the ‘fighting’ that goes on with regular stretching.

My clients are always surprised that an old girl like me can bust out the splits at 8am in the morning without a warm up (at 16 I couldn’t do this) but it really is effortless once you know your secret buttons!

So some people may take some time to work into a position in the beginning, but rest assured that each and every time you work with your body in a gentle way it will want to work more with you.



Myth Number 5...

“You should always stretch before dancing.”

And FINALLY - The myth I despise the most.

And there is a stack of medical research to support me on this one now.

Hundreds of dancers all over the world sit in stretches before they perform in an attempt to get more flexible and ‘warm up’.

Did you know that if you sit in a stretch for longer than 30 seconds (ie: sitting in second splits in your) that the muscles that you have just stretched will not be able to work to their full capacity or strength for at least half an hour?

This means that when you are on stage in that vital performance, your inner thighs and hamstrings will not be giving you all of the support that you need to jump!

Whenever I mention this to a group of students and teachers, there is always a dawning realization look on most of the faces, and at least 2 students will say - “I always wondered why I felt so uncoordinated after stretching!”

Now, don’t get me wrong - this does not mean to say that you should start dancing cold. A thorough warm up is essential to prevent injuries and perform at your best, but a warm up does not mean lots of long slow static stretches.

A warm up should consist of some cardiovascular exercise, dynamic stretches, activation and co-ordination exercises to switch on your brain and the muscles you will be using, but should not be based around long slow stretches.

So, do your long slow stretches at the end of the day, after you have done your neural and fascial release techniques, so that you are actually stretching what you think you are! Focus on consciously relaxing into your stretches to allow your real mobility to come forward, rather than forcing it with strong stretches. If you can work with these ideas on a regular basis, I guarantee that your flexibility will improve out of sight!

So....

The whole point of this PDF was to get you thinking about your flexibility in a new way.

There are so many myths that millions of people believe, and this belief structure can actually really hold you back. Try to begin to approach your flexibility training with some curiosity, some inquisitiveness and a fresh mind.

Don't throw away all that you have learnt in the past, but do try and see some of the things you have been taught in a new way. Play with different angles and different movements within all of your flexibility exercises and explore what works best for you.

Every person has their own special body map, and what works for some will not necessarily work for others. This is why I spent so long refining and perfecting the Front Splits Fast Flexibility Program.

Instead of being a rigid program that you must follow from start to end, the first part of program is more designed to introduce you to these new concepts and strategies for gaining maximal mobility without stretching.

We have now created a lot of free resources on the Front Splits Fast! website especially for you. So make sure you go back and explore it all!

www.frontsplitsfast.com

There will be new posts, articles and videos being posted all of the time so keep an eye out for these.

I would love to hear how you are going with your flexibility training, so feel free to leave a post on the blog on the site, or even better, why not make your own flexibility blog (using a WordPress blog is really easy) and let me know about it!

My aim with releasing the Front Splits Fast! Flexibility Program was to change a generation's concept of flexibility, to allow the beauty and artistry of dance to evolve unbounded!

I hope that I have helped you do this in some small way today.

Kindest Regards,

Lisa Howell