

The Flexible Body Move Better Anywhere Anytime In 10 Minutes A Day By Roger Frampton

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"Über den Autor und weitere Mitwirkende An international fashion model for brands including Calvin Klein, Ralph Lauren, Dolce & Gabbana, John Paul Gaultier, and YSL, Roger Frampton is also a sought-after personal trainer. His popular TED talk, "Why Sitting Down Destroys You," has had over 2.1 million views, and he is the face of multiple fitness festivals including Sweatlife and Stylist Live. Roger has been featured in Sunday Times Style, GQ, Esquire and Attitude magazines, and is a guest writer for Metro and Men's Health. He was also named one of the eight "bodies" of 2017 in Men's Health The Body Issue."

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The rest of us need a level of flexibility that s somewhere in the middle to increase your flexibility start with about 10 minutes of stretching a day focusing on the major muscle groups upper body arms shoulders neck

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Just 10 minutes of training per day can help you work towards unlocking your body s full potential beginning with a basic squat which we as children do naturally but then as adults struggle to perform the flexible body move better anywhere anytime in 10 minutes a day guides you through a series of positions

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The better you can initiate motion from this point the more efficient your movements will be as you ll move with less wasted action the hips contain the power generators of the body for example if the glutes the main hip extensors are not working properly any motion

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stretching in a way that uses muscle to force other muscles to lengthen leads to flexibility it doesn t the old fashioned approach of static stretching holding still while pushing hard into a stretch has been part of most athletic training regimes for decad.

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Rather than taking a haphazard approach to improving your flexibility follow the rules set below to gain new ranges of motion and prevent poor posture number 1

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