

012: Resistance Flexibility for a Pain-Free Body

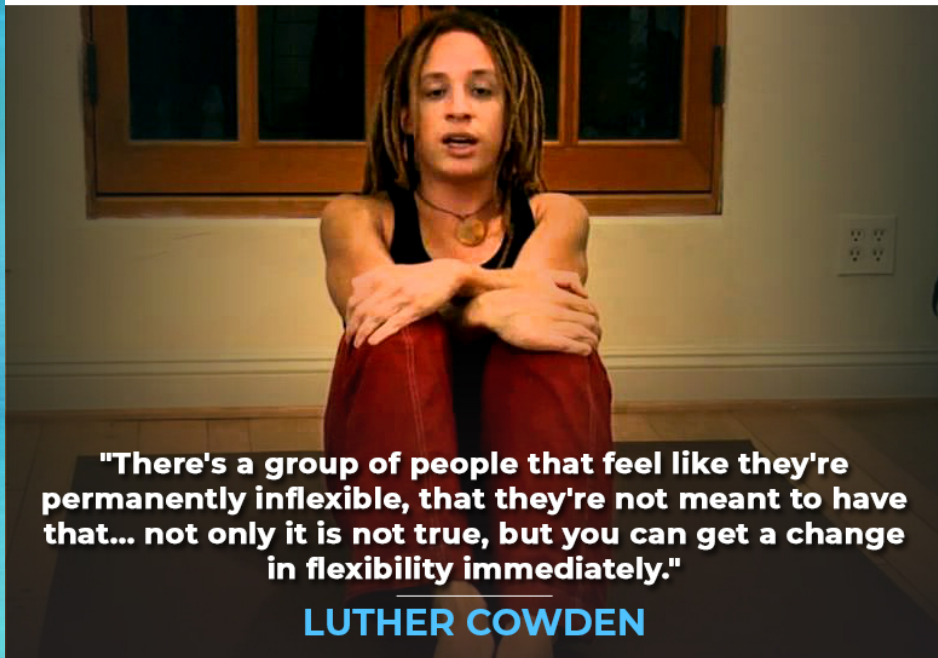
10 Point Checklist

Luther Cowden

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"There's a group of people that feel like they're permanently inflexible, that they're not meant to have that... not only it is not true, but you can get a change in flexibility immediately."

LUTHER COWDEN

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Get a massage for relaxation purposes, but understand that it isn't going to remove that buildup of fascial tissue that is giving you the root of your trouble.
- Understand that you aren't an "inflexible" person, you are simply being stopped by an impeded biomechanical structure right now.
- Recognize the difference between true "flexibility" and range of motion. Just because you have a large range of motion, doesn't mean you aren't protecting yourself from strain.
- Have you been in an instance of trauma? Think about getting your fascia checked by a professional – it is likely you have some accumulation of dense fascia.
- Anxiety problems? Do some fascia exercises that counter the resistance created by fascia, as Luther often has seen it help anxiety and low moods.
- Having trouble losing weight? Consider having an expert work with the fascia that works with your digestive system.
- Try a simple bicep curl while resisting that shortening with the elongation of your other arm.
- Find a resistance flexibility expert in your area. It is a relatively new area of study, but there are professionals throughout the country.
- Check out Bob's book, *The Genius of Flexibility*, for great stretches, and to learn more about the philosophy of resistance flexibility.
- Go to thegeniusoflexibility.com to learn to do your own stretch work wherever you are and start feeling relief from your pain immediately!

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/resistance-flexibility-for-a-pain-free-body-luther-cowden/>