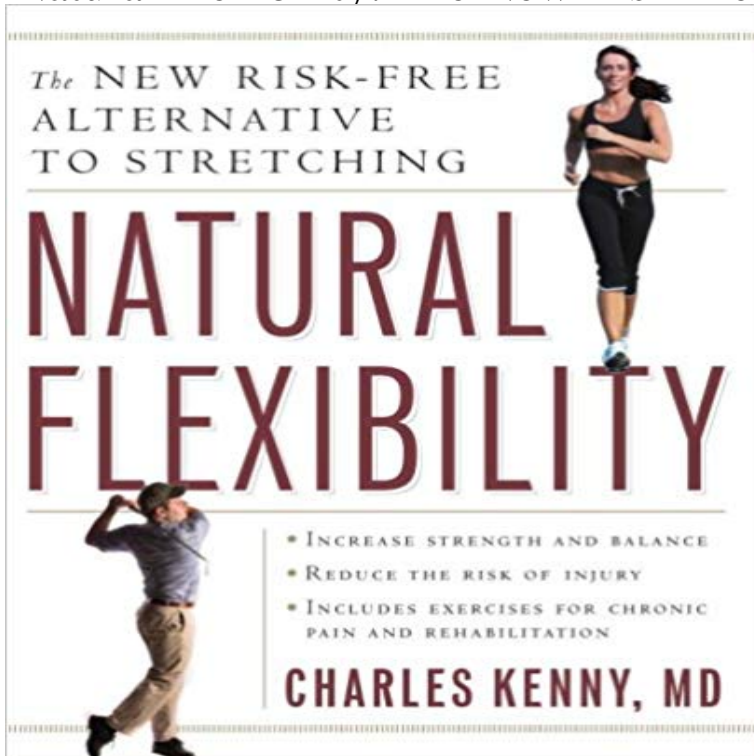


## Natural Flexibility: The New Risk-Free Alternative to Stretching



Natural Flexibility, a new title by Dr. Charles Kenny, introduces progressive sequential isometrics (PSI for short), a new alternative to traditional stretching, which combines principles of Pilates, Martial Arts, Dance, and Gymnastics into a work-out that allows you to strengthen your body and increase your flexibility simultaneously. Traditional stretching has come under scrutiny recently as a possible contributor to injury in athletes. While regular, passive stretching pulls at your tendons and joints in an effort to increase your range of motion, PSI, as outlined in Natural Flexibility actually strengthens your entire range of motion as it expands it, thereby preventing injury and strengthening performance simultaneously. Progressive sequential isometric exercise provides an alternative warm-up system for athletes and dancers that strengthens and reinforces your body as you prepare for activity. Natural Flexibility provides exercise and warm-ups for numerous activities, including: The Six-Minute Warm-Up: this provides a natural, fast, and safe method for athletes to warm up before any competition or physical activity. Wake-up Body Movements: these provide an energizing and invigorating work out first thing in the morning. Clock Stepping: a simple exercise that can improve your ability to balance and prevent slips and falls. When You're Sore: exercises to explore your body when you are stiff or sore, to determine if it is safe to continue working out. Your Chiropractor in Your Pocket: an easy way to relieve back pain in just a few minutes a day, or even on demand. The exercise and activities outlined in Natural Flexibility are accessible to all, not just athletes, and provide a simple way for anyone to increase their level of fitness in a safe and healthy manner, without the risks inherent to traditional stretching.

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