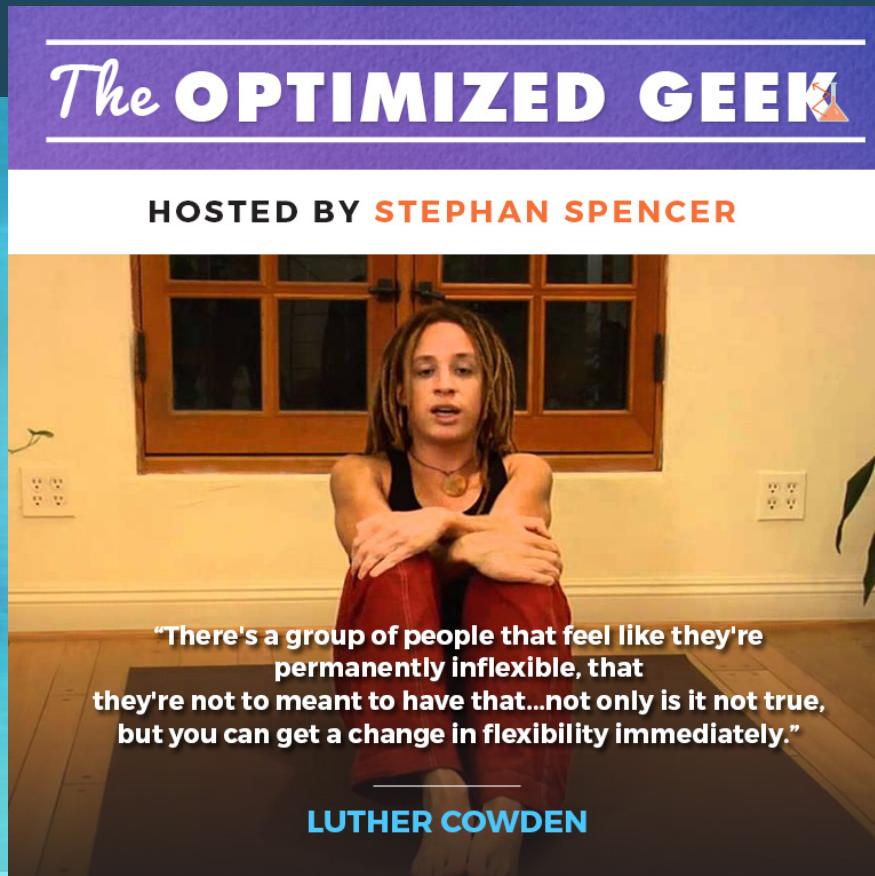


Resistance Flexibility for a Pain-Free Body

10 Point Checklist

Luther Cowden

Want to gain as much knowledge as possible out of The Optimized Geek? 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.



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 thegeniusofflexibility.com to learn to do your own stretch work wherever you are and start feeling relief from your pain immediately!