

pam 500 mcg 3x per day , Lantus insulin 19 iu 1x per day in the morning , 300 mg
Testosterone enanthate , 25 mg aromasin
Supps (Vitamin K2 , Vitamin E , Pottasium)

14: Mk 667 + aromasin + proviron + anavar (testes also ostarine and ac-262) + T3 + Clen

15 : Hcg , Hmg , Test , low dose Genotropin Hgh , ipam Cjc no dac , , halotestin (tested tren primo winstrol) flurbiprofen , meclozin , megadosing supplements , letrozole , anastrozole

16 : Bold , Npp , Dbol , Lantus insulin

I came to the conclusion that

Test (70-225 mg)

Tren (150 mg)

Hgh (as much as you could handle if you feel lethargic lower the dose or try to use it more frequently) (ipam if your poor)

Lantus insulin (cheapest igf-1 alternative in the market you could literally get your igf-1 to 500 with lantus and diet alone and its a mych better alterna Than metformin or berberine because they lower igf-1 and blocks Mtor)

T3

Letrozole

Is the best heightmaxxing stack

<https://looksmax.org/threads/skyscraper-method.1208505/>

.I do tadasana and hold it for 30 seconds,since u are new you can hold it to 15 seconds and later slowly increase the hold to 30 seconds,1 minute,2 minute,as much as you think will be good.

If you feel pain the whole day or for for 4-6 hours after the exercise then u should stop the exercies for a day or two until u get well,then resume your routine but keep the hold time a bit low like 20-30 seconds,but situations like this don't usually happen

In the beggining you can do this hold for 15-20 seconds 5-10 times a day

If you feel a lot of pain just after doing these stretches just lay down straight on your back and the pain will go away

2. Hanging on a bar/rod:-- this one is good for straightening your back but doesn't give you much height with easy intensity,To gain height u will have to increase the intensity and timing of the hangs to 30 seconds-1 minute per hang,hanging usually alone isn't much beneficial but its better to combine it with tadasana and other exercises i will tell u.

3.touching points on the wall:- this one sounds weird but i made it up myself,but i am sure many other people do it too

This can be done in different ways.

1. stand in front of the wall with your face towards it and bring yourself closer to the wall so that your body is touching it for support, then try to touch points on the wall, lift one of your hands up to a higher height and you will feel the body stretching, then lift your other hand to the same height as your first hand or you can lift even higher than it, and hold this position for some time, since you are a beginner, do it for 5-10 seconds until you can't stand anymore and the pain in your back muscles is too much; this will stretch your body very intensely.

Release it and repeat for 5-10 times; this was 1 entire session of 30-60 seconds, now do 5-10 sessions like this depending on your capability, keep it to 3-5 times in the beginning and you can increase it later as your muscles develop in the back and your body becomes suited to it.

2. Repeat all the stuff and steps in point (1) but do this with your back and hips in contact with the wall/touching the wall for support, being against the wall is necessary because it helps to support the weight of your body and prevents you from falling.

3. Now you can do both (1) and (2) in 2 different ways; you can keep your legs down or you can stand on tip-toes for more intense stretches, both normal and tiptoes are useful in different ways and you can do them one after the other.

4. Holding your position for a fixed time would have the best effect (start from a low time 15s, 30s and gradually work your way up) but don't overdo it and if you feel too much pain, sleep for 15-30 minutes or rest until you are good to go again.

Each exercise do 5-6 sets per day.

Do 1/3rd of the routine in the morning, 1/3rd in the afternoon and the rest 1/3 at night.

Slowly increase the duration and rep count.

Comprar cano pvc ()

Injecting BMP7

Inject BMP-7 (bone morphogenetic protein) and noggin inhibiting proteins with an insulin syringe into the area on the distal (the side above your arm, not where it meets your sternum) clavicle where the epiphyseal cartilage is located.

Theoretically these pharmaceutical compounds used in research and some dental and surgical applications can lengthen bones, even after growth plates technically close.

Fixing FHP (forward head posture)

Muscular support:

Neck Curls + chin tucks = strong deep cervical flexors (front) align your head properly

Rows (barbell or dumbbell) - Rhomboids + mid trap

Strong core (hanging leg raises + planks) - proper spine curvature

Solutions 3: bad posture (kyphosis)

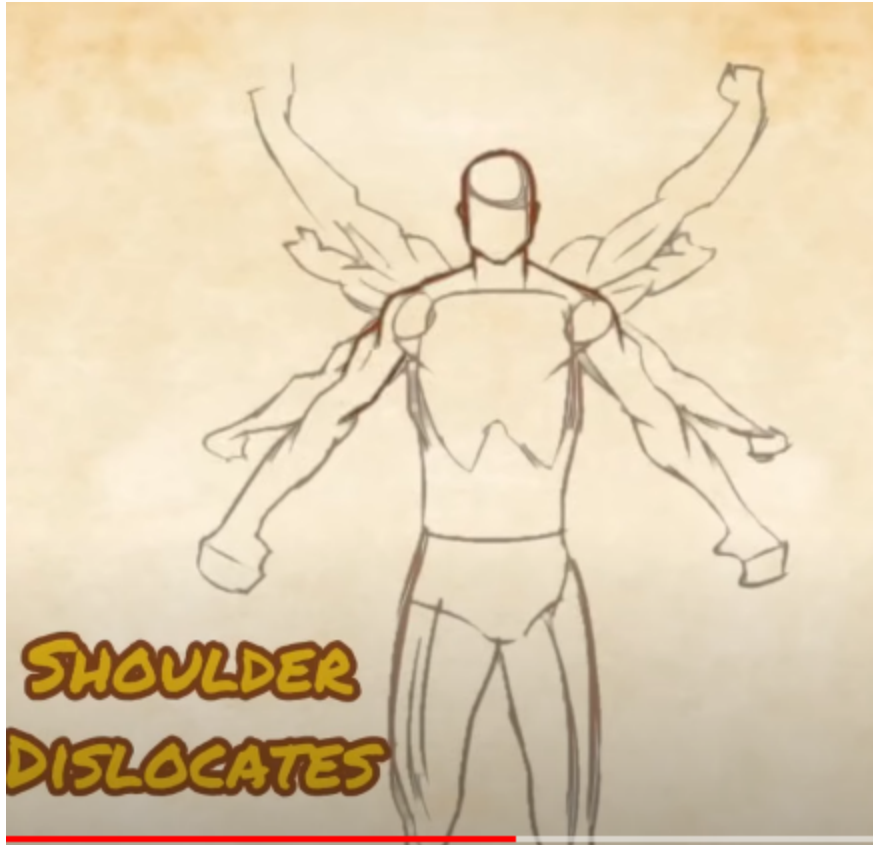
- Tight muscles → pull unfavorably on the body, adds to bad FHP
 - Chest + shoulders: pvc pipe pass through, doorway chest stretch
 - Neck: neck circles, look up, look sideways (hold)
 - Upper back: lie on foam roller, back n forth, hold weight to hit deeper tissue



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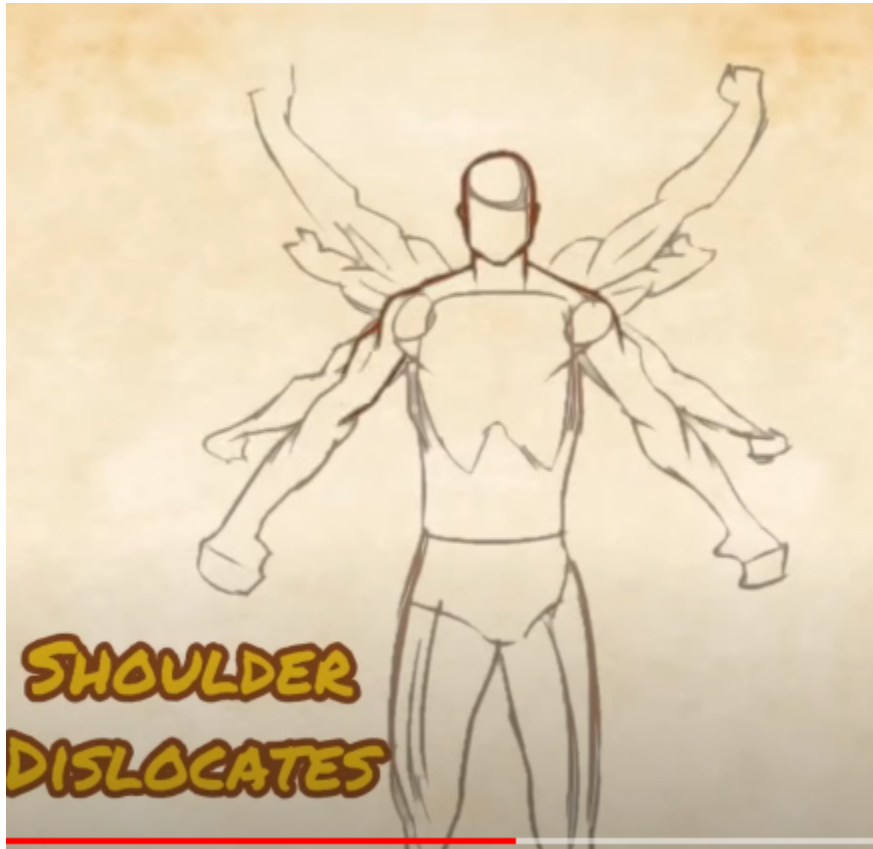


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EXERCISES:



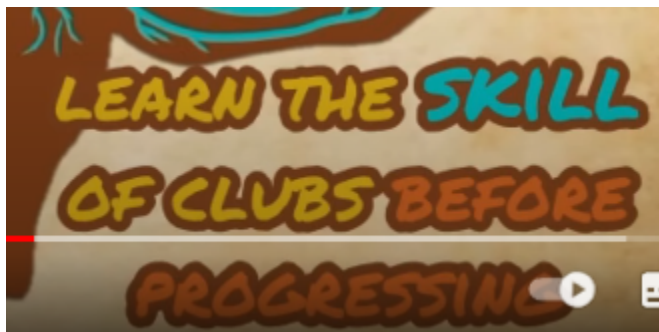
Shoulder dislocates use a towel or exercise band

Start widem progress narrow

(Depois mude para clube indiano, comçenado com 1lb ou 025kg, dps 2lb 0.50kg

(Clube indiano <https://pt.aliexpress.com/item/1005004775208587.html?src=google>

<https://www.youtube.com/watch?v=mOnXxKyUuGU>)





1. Child's Pose



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Gif by Active Body. Creative Mind.

Child's pose stretches and lengthens your spine, [glutes](#), and hamstrings. It may also release tension in your lower back and [neck](#).

To do this pose:

1. Sit on your shins with your knees together, your big toes touching, and your heels splayed out to the side.
2. Fold forward at your hips and walk your hands out in front of you.
3. Sink your hips back down toward your feet. If your thighs won't go all the way down, [place a pillow](#) or folded blanket under them for support.
4. Gently place your forehead on the floor or turn your head to one side.

5. Keep your arms extended or rest them along your body.
6. Breathe deeply into the back of your rib cage and waist.
7. Relax in this pose for up to 5 minutes while continuing to breathe deeply.

2. Forward fold



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Gif by Active Body. Creative Mind.

This [standing stretch](#) releases tension in your spine, glutes, and [hamstrings](#). It also stretches [your hips](#) and legs.

To do this pose:

1. Stand with your big toes touching and your heels slightly apart.
2. Bring your hands to your hips and fold forward at your hips.
3. Release your hands toward the floor or place them [on a block](#). Don't worry if your hands don't touch the ground — just go as far as you can.
4. Bend your knees slightly, soften your hips, and allow your spine to lengthen.
5. Tuck your chin into your chest and allow your head to fall heavy to the floor.
6. Remain in this pose for up to 1 minute.

3. Cat-Cow



Gif By Dima Bazak

Cat-Cow pose helps relieve tension in your torso, [shoulders](#), and neck while promoting [blood circulation](#) and spinal mobility.

To do this pose:

1. Come onto your hands and knees with your weight balanced evenly between all four points.
2. Inhale to look up, dropping your abdomen down toward the ground as you extend your spine.
3. Exhale and arch your spine toward the ceiling and tuck your chin into your chest.
4. Continue this movement for at least 1 minute.

4. Standing Cat-Cow



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Gif by Active Body. Creative Mind.

A variation on the standard Cat-Cow, this standing posture helps loosen up tightness [in your back](#), hips, and glutes.

To do this pose:

1. Stand with your feet about hip-width apart with a slight bend in your knees.
2. Extend your hands in front of you or place them on your thighs.
3. Lengthen your neck, bring your chin toward your chest, and round your spine.

4. Then look up, lift your chest, and move your spine in the opposite direction.
5. Hold each position for 5 breaths at a time.
6. Continue this movement for a few minutes.

5. Chest opener



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Gif by Active Body. Creative Mind.

Opening and [stretching your chest](#) is especially useful if you spend [most of your day sitting](#), which tends to make your chest move inward.

To do this stretch:

1. Stand with your feet about hip-width apart.
2. Bring your arms behind you and interlace your fingers with your palms pressing together. Grasp a towel if your hands don't reach each other.
3. Keep your head, neck, and spine in one line as you gaze straight ahead.
4. Inhale as you lift your chest toward the ceiling and bring your hands toward the floor.
5. Breathe deeply as you hold this pose for 5 breaths.
6. Release and relax for a few breaths.
7. Repeat at least 10 times.

6. High plank



[Share on Pinterest](#)

Gif by Dima Bazak

High planks help relieve pain and stiffness throughout your body while strengthening your [shoulders](#), glutes, and hamstrings. They also help develop balance and strength in your core and back, both important for good posture.

To do this exercise:

1. Come onto all fours and straighten your legs, lift your heels, and raise your hips.
2. Straighten your back and engage your abdominal, arm, and leg muscles.

3. Lengthen the back of your neck, soften your throat, and look down at the floor.
4. Make sure to keep your chest open and your shoulders back.
5. Hold this position for up to 1 minute at a time.

7. Side plank



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Gif by Active Body. Creative Mind.

A variation on the standard plank, this move works the muscles in your sides and glutes. Strengthening and aligning these muscles [helps support](#) your back and improve posture.

To do this exercise:

1. From a high plank position, bring your right hand slightly in to center.
2. Shift your weight onto your right hand, stack your ankles, and lift your hips.
3. Place your left hand on your hip or extend it up toward the ceiling.
4. You can drop your right knee down to the floor for extra support.
5. Engage your abdominals, side body, and glutes as you maintain this pose.
6. Align your body in a straight line from the crown of your head to your heels.
7. Look straight ahead of you or up toward your hand.
8. Hold this pose for up to 30 seconds.
9. Repeat on the opposite side.

8. Downward-Facing Dog



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Gif by Active Body. Creative Mind.

Downward-Facing Dog is a forward bend that can be used as a resting pose to balance out the body. It can help relieve back pain, while also strengthening and aligning your **back muscles**.

To do this pose:

1. Lying with your stomach on the floor, press into your hands as you tuck your toes under your feet and lift your heels.
2. Lift your knees and hips to bring your sitting bones up toward the ceiling.
3. Bend your knees slightly and lengthen your spine.

4. Keep your ears in line with your upper arms or tuck your chin all the way into your chest.
5. Press firmly into your hands and keep your heels slightly lifted.
6. Remain in this pose for up to 1 minute.

9. Pigeon Pose



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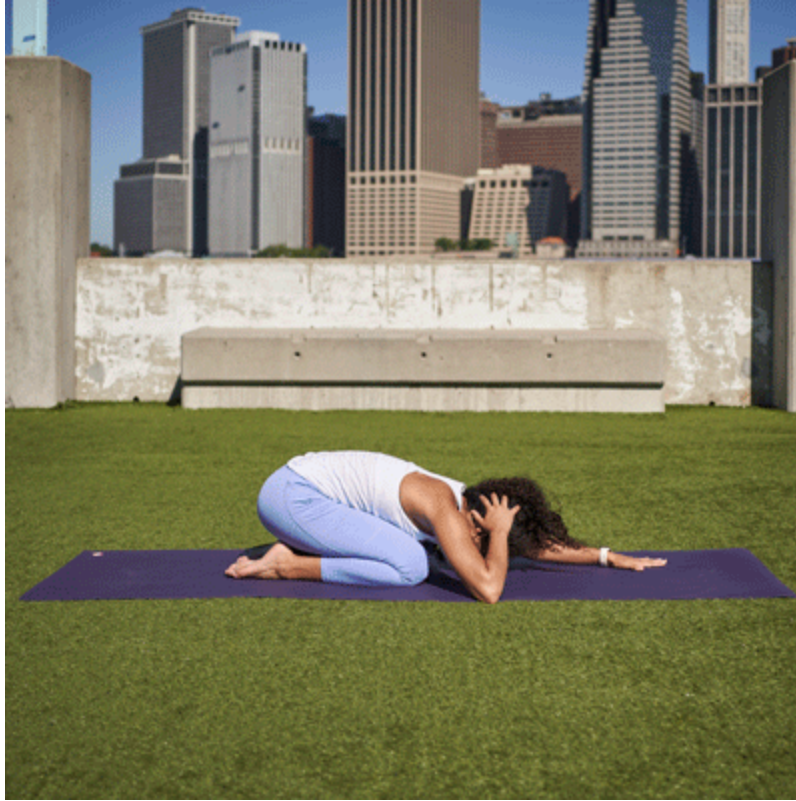
Gif by Dima Bizak

This [hip-opening posture](#) can also loosen up your spine, hamstrings, and glutes.

To do this pose:

1. Come down on all fours with your knees below your hips and your hands a little bit in front of your shoulders.
2. Bend your right knee and place it behind your right wrist with your right foot angled out to the left.
3. Rest the outside of your right shin on the floor.
4. Slide your left leg back, straighten your knee, and rest your thigh on the floor.
5. Make sure your left leg extends straight back (and not to the side).
6. Slowly lower your torso down to rest on your inner right thigh with your arms extended in front of you.
7. Hold this position for up to 1 minute.
8. Slowly release the position by walking your hands back toward your hips and lifting your torso.
9. Repeat on the opposite side.

10. Thoracic spine rotation



[Share on Pinterest](#)

Gif by Dima Bazak

Gently opening the chest and **rotating the spine** relieves tightness while increasing stability and mobility.

To do this stretch:

1. Come onto all fours and sink your hips back down to your heels and rest on your shins.
2. Place your right hand behind your head with your elbow extended to the side.
3. Keep your left hand under your shoulder or bring it to center and rest on your forearm.

4. Exhale as you rotate your right elbow up toward the ceiling and stretch the front of your torso.
5. Take one long inhale and exhale in this position.
6. Release back down to the original position.
7. Repeat this movement 5–10 times, alternating sides.

11. Glute bridge



[Share on Pinterest](#)

Gif by Dima Bazak

Glute bridges help strengthen and activate your glutes while relieving lower back pain. This improves the functioning and alignment of your hips and pelvis, leading to better posture.

To do this exercise:

1. Lie on your back with your knees bent and your feet about hip-distance apart.
2. Keep your feet about a foot away from your hips.
3. Rest your arms alongside your body with your palms facing down.
4. Exhale as you lift your hips toward the sky, straightening your spine.
5. Hold this position for up to 1 minute at a time.

12. Isometric pulls



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Gif by Active Body. Creative Mind.

Isometric pulls work your shoulder, arm, and back muscles, giving you the strength to maintain good posture.

To do this exercise:

1. Sit in a chair with a soft back.
2. Make a fist with each hand and extend your arms in front of you so that they're parallel to the floor.
3. Exhale as you draw your elbows back toward your shoulders and squeeze your shoulder blades together.
4. Breathe deeply as you hold this position for 10 seconds.

5. On an inhale, slowly release to the starting position.
6. Repeat this movement for 1 minute.

Lateral Hop

<https://www.trainheroic.com/wp-content/uploads/2022/11/Lateral-Jump.gif>

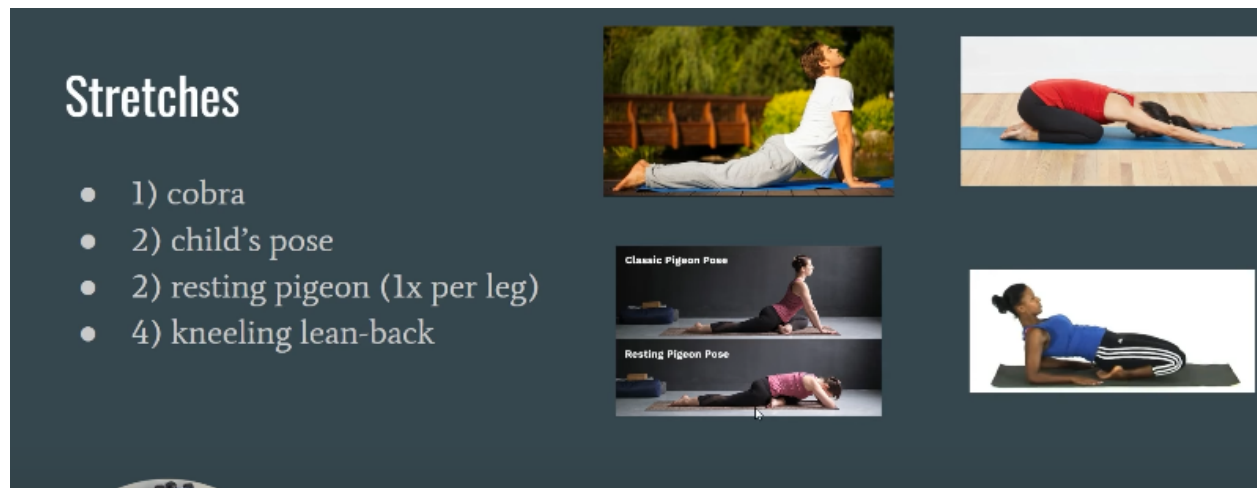
Single Leg Hop

<https://www.trainheroic.com/wp-content/uploads/2022/11/Single-Leg-Hop.gif>

maasai jumps with ankle weights

100-500 reps

4-5kg de peso de canela, depois aumente



-Cobra () 1 minute

-Child pose () 1 minute

-Resting pigeon (1x per leg)

0Kneeling lean back () 1 minute

Stretches (2)

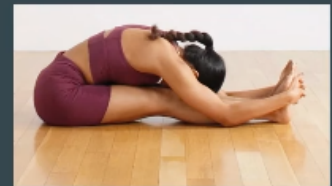
- 5) standing toe touch
- 6) seated toe touch (2x per leg)
- 7) plough (halasana)
- 8) shoulderstand (sarvangasana)



Doorway stretches: 1 minuto

Stretches (3)

- 9) seated spinal twist (1x per side)
- 10) seated forward bend
- 11) side lunge (1x per side)

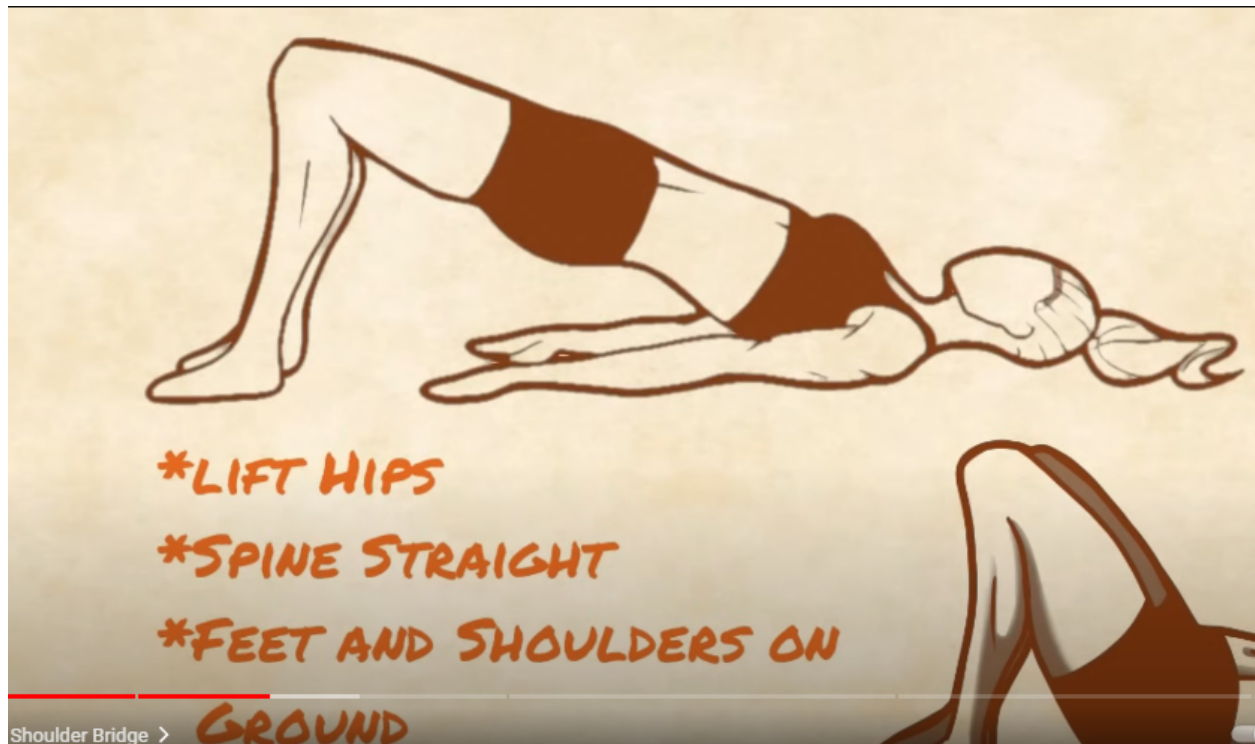


Seated spinal twist (1x per side)
Seated forward bend
Side lunge (1x per side)
Shoulder Bridge ()

Honorable Mentions (the spicy stuff)

- 1) Neck curls w/ weight, pause in lengthened pos then curl
- 2) Banded sleeping
- 3) Glucosamine supp, maintains morning height
 - Discs in spine don't flatten out (lose fluid)
- 4) PVC pipe pass-throughs
 - Loosen upper anterior + posterior chains, postural correction

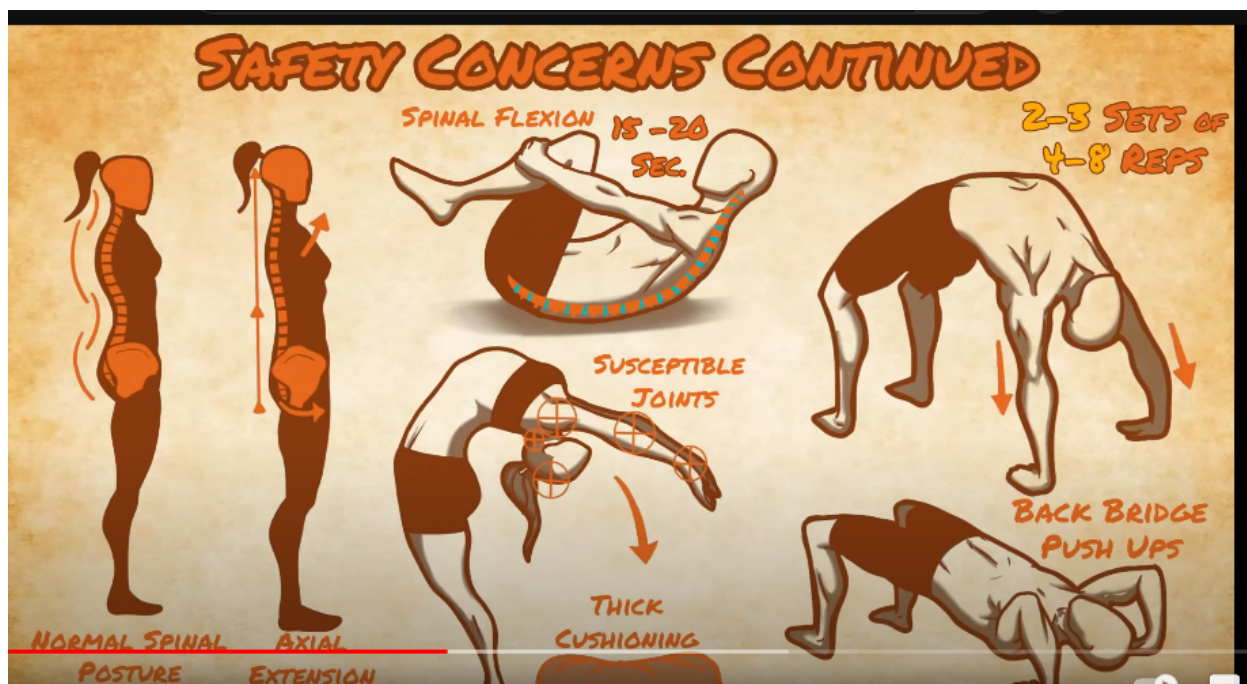






Next tabletop bridge

Bullet proof spine: https://www.youtube.com/watch?v=jb3lme_Kljo to progress to Spine bridge



Spinal Flexion () 15-20 sec

Dead hang () 1 minute, don't active muscles, maxize spinal decompression

Active hang, active shoulder blades () 1 minute

Arch Hang () 29-60 seconds

(About the Hangs exercises) <https://www.youtube.com/watch?v=2--KFAU-nOE>

Moving beyond the Back Bridge to Back End:

https://www.youtube.com/watch?v=CYiS_daP5bQ

Method 1: Spinal Decomp

- Swimming (bones w/o compression)
- Hanging from a bar
 - Hands (bonus: ankle weights)
 - Ankles (gravity boots, bonus if u hold a weight)
- Inversion table
- Weighted dips and pull ups (show vid)



Neck curl with kettlebell () 20 reps x 3