Research

Who's the avatar (plus, day-to-day activities, values and outside forces)?



Shaun is a 59-year-old who is a librarian, works 9 am-4 pm

Likes gardening, and going on walks with her husband.

She's a liberal and has mild arthritis in her body.

What's their current situation and why is it painful?

- Can't walk long distances without her knees hurting, and feels tension which brings loss of amenity (joy)
- When she wakes up her body feels stiff and makes her start of the day uncomfortable

What's THE MOST painful?

- Feeling a soreness that stiffness hee body, which makes it harder to sleep to reset for the next Workday

What is their dream state and why do they want it?

- To move freely like she's in her 20s, not having to worry about any discomfort
- Joints soothed so she can do her job more efficiently

What is blocking them from reaching their dream state? WHY haven't they succeeded?

- Doesn't have the right understanding of how to handle her pains, as the arthritis is in an early stage she hasn't thought of going to a doctor and thinks she's just getting old (which is partly true)

What's the solution?

A 1 minute stretch routine that will use a sequence of techniques taught online that will release tension from her body, feel loose and is more able to catch a good night sleep

Fascinations

- Kick your soreness OUT - the 1 minute soothing routine that make your more limper and loose as if you constantly in your 20s
- How to kill tension using nothing more than the floor and a screen, the body joint loosening treatment that doctors can't put their finger on
- What NOT to do if you want to make your body heal fork all it's battle scars of the day (this will make you roll in bed for hours)
- Ease up fast - follow the one minute stretching routine that's proven to pinpoint soreness and speed up recovery better than DIY ingredients like golden Honey, pineapple, and ginger
- No drugs can repeat it's softening effects - get rid of stiffness with a ski mask (one minute stretch that'll make you wonder where it's been all your life)

DIC

SL: One Minute Stretch To Get Ease With An Exhale

One of the best times to stretch your tension away, is right before bed.

“What stretches should I do?”

There’s a one minute stretch routine that makes all tension sprint out.

Find out the 1 minute stretch routine to sleep like a baby

Other

Do you feel a tension in your step that restricts your movements?

Want to move like you're constantly in your 20s? It’s possible…

One minute is all you need to feel the mobility of a 10 minute light jog and a yoga machine COMBINED.

Just one good squeeze of a stretch and it’s like the tightness was never there.

Tissue around the soreness will become more and more tensile,

Even allowing a 50 year old to do the splits for the first time!

Find out the 1 minute stretch routine to 2x your range of motion.

Other

Is there a type of pain that causes you to stomp the floor with each step you take?

Do you long for the supple, flexible body you possessed in your twenties?

The mobility achievable through a ten-minute jog and a yoga machine can now be obtained in just one minute.

A single, well-executed stretch can alleviate any tightness and restore your muscles to their natural state.

The tissue surrounding soreness will gradually become more elastic, enabling a 50-year-old to inche away at the splits for the first time!

Discover the one-minute routine that can double your range of motion.

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