



HYPERBOLIC STRETCHING

Hyperbolic Stretching PDF Program

Disclaimer: This document (about the Hyperbolic Stretching PDF program by Alex Larsson) is **unofficial**, and has NOT been written by the developers of the program (it's actually our review). For more updated information, we strongly recommend that you [check this page](#)

In the Hyperbolic Stretching PDF program, you will learn specific exercises that will allow you to achieve full flexibility in no time.



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Ask anyone who watched Jean-Claude Van Damme's movies from back in the day (the 90s) what was the one thing they remembered about him, and most people will say, "His amazing splits!". There's no denying the fact that being able to do the front or side splits is something impressive. It seems to be the epitome of flexibility to most people because they can't achieve it.

They think that they're too old or inflexible to perform the splits.

The truth of the matter is that you can do the splits even if you're male, muscular or in your sixties.

You just need to know the correct training routine, and it's NOT spending hours a day stretching.

Over the past year, one particular course has become an online bestseller, with thousands of copies sold.

This course is called Hyperbolic Stretching (PDF + videos) and the main book is only about one thing: getting you to do the splits with a simple, highly effective method.

The testimonials from satisfied customers who have achieved the splits are proof that the method works.

Let's see what makes The Hyperbolic Stretching PDF Routine, Program and Exercises so effective.

1) The information is solid and on point. It's reassuring to see images and videos of the author, Alex Larsson, being able to do the splits himself.

The man walks the talk and knows exactly what training is necessary about when it comes to flexibility.

2) The Hyperbolic Stretching PDF guide is extensive and very detailed. You'll learn everything you need to know to achieve the splits. It will take you from beginner to advanced.

Here's a list of the chapters you'll find inside the main PDF guide:

- Introduction
- Full Flexibility and Pelvic Strength

- Pelvic Strength, Pleasure & Penis Length
- What Results to Expect
- Your Objections Cleared
- The Split Test
- The Science of Stretching
- What Determines Your Flexibility
- Reducing Muscle Tension
- Myotatic Reflex
- Autogenic Inhibition Reflex
- Only Three Muscles
- The Hyperbolic Stretching Routine
- The Warm-up
- Flexibility-specific Strength Routine
- Hyperbolic Stretching Routine – Week 1 to Week 3
- Exercise Frequency
- Hyperbolic Stretching Advanced: Week 4
- Week by Week Walkthrough
- Light Warm Up Stretching
- Flexibility Maintenance Routine
- Complete Hyperbolic Routine Sample
- Simplified Routine for Penis & Pelvis
- Conclusion

3) What's interesting is that you're told why most people can't achieve the splits, and it's not so much about flexibility, but the tension in your stretched muscles that inhibits you.

With the Hyperbolic Stretching program, by executing the easy to apply routine of exercises you'll guide your body to release the tension, and you'll ease into the splits in no time at all.

4) Unlike yoga or martial arts classes that spend a lot of time on kicking exercises and stretching, The Hyperbolic Stretching PDF Routine only requires 8 – 15 minutes per session... and you only need 4 sessions a week.

However, you shouldn't miss even 1 of these 4 sessions.

5) The main book is filled with diagrams, illustrations and images to guide.

There's no guesswork here. Just follow the advice also shown in the videos.

6) The results you will get with the Hyperbolic Stretching program are permanent.



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Once you achieve the splits, you'll only need to do the 'Flexibility Maintenance Routine' which only takes about a minute per session, and you'll retain your splits for years to come.

While most people will see a huge increase in flexibility, and many will get the splits within a month, there will still be those who need more time...

And that's ok. There are several factors at play here.

Your age, gender, level of flexibility, etc. all play a role.

You'll need to be consistent and do these simple exercises 4 times a week.

The Hyperbolic Stretching PDF program works...

And within 2 to 3 months, if you stay the course, you'll be able to do the splits and be more flexible than you ever were before.

You can't go wrong with it. The method is tested and proven.

Go ahead and achieve full flexibility.

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