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A man with dark hair, wearing a light blue button-down shirt, is looking towards the camera. He is holding a model of a human spine in his left hand. His right hand is raised, with fingers spread, as if gesturing during a presentation. The background is a clinical or laboratory setting with white walls and equipment. The text 'TARGETED SPINAL RELEASE' is overlaid in large white letters, with 'RELEASE' underlined. The text 'THE MANUAL' is at the bottom in yellow letters. The bottom of the image has a dark hexagonal pattern.

TARGETED SPINAL RELEASE

THE MANUAL

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How To Use This Manual

Welcome to the Targeted Spinal Release manual.

I'm so excited to share this unique and proprietary method of treating back pain with you, and I know you're going to love it.

So here's how this guide works:

As part of this program, you have access to the [6-part video masterclass](#) where I'll show you in great details EXACTLY how to use Targeted Spinal Release with full video breakdown.

The purpose of this guide is so you can have the information at your fingertips, with step-by-step instructions and clear pictures. Print this guide out or keep it handy on your phone or laptop so you can look it up when using the method.



That way, if you ever get stuck, you'll have the answers right there at your fingertip.

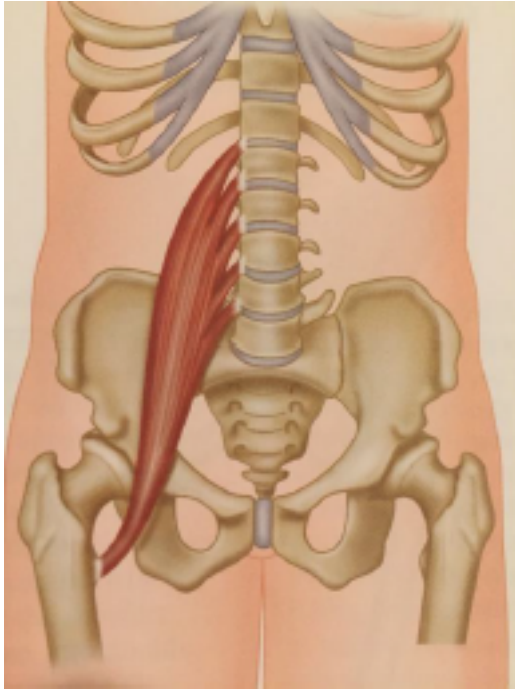
I've also provided a follow-along calendar. This way, you can keep track of your progress, keep yourself accountable, and stay motivated. You'll see massive progress in 30 days, I guarantee it, and I've seen it change over 7,500 people's lives!

Inside this manual, you'll also discover:

- One movement you can use in the morning which releases your spine's troubled **pressure points**, bulletproofs your back and keeps you pain-free throughout the day.
- The one movement you can use throughout the day anytime when pain flares up, to **get INSTANT relief from pain**. The days of suffering in silence with pain are over, as this simple movement stops pain dead in its track, removes pressure from your spine and ultimately will make you feel 10 years younger.
- My #1 technique that you can use every night before bed, which will **unleash the tension** you built up throughout the day, allowing you to gently fall asleep just like a baby, eliminating insomnia.
- My **simple "bracing" strategy**. This strategy is something you should use anytime you're changing positions, going from standing to sitting, getting out of bed in the morning or picking anything up so you can protect your spine from damage during sudden movements.
- Plus, I'm going to teach you all of these movements in this manual using **step-by-step instructions** and including lots of detailed pictures for every step.

So, if you're ready, let's get started and dive right into the *Targeted Spinal Release method*.

The SECRET Cause of Your Back Pain



Before we get into the nuts and bolts of the program, I want to give you one simple reminder of WHY you have low back pain.

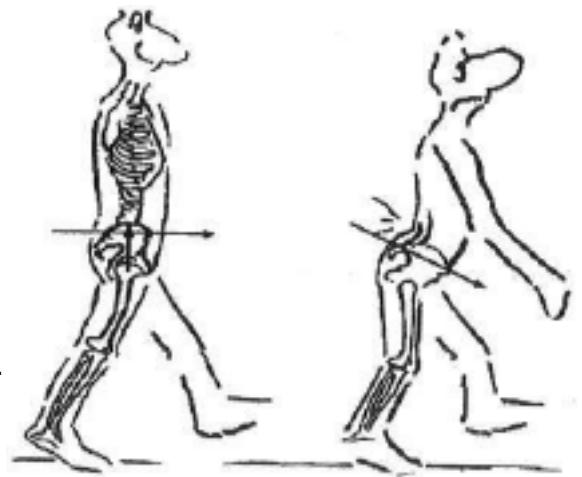
Understanding this will ensure you're using the Targeted Spinal Release method correctly, and help you to get pain free even faster.

What you're seeing in this picture is known as the "hip flexor". It connects from the front of your spine all the way down to the front of your hip muscles.

Tight hip flexors are the number one cause of low back pain. What happens is, as we sit all day long, our hip flexors are in a "shortened" position. This means they get extremely tight and become overactive.

Then, as we begin to walk around with tight hip flexors, those muscles actively pull on our spinal discs, arching our back and wreaking havoc!

Our most important goal is to release those tight hip flexors so we can put our spine back into excellent alignment and eliminate back pain.



Targeted Spinal Release: The 30 Day Action Plan

The **Targeted Spinal Release** consists of three movements you'll use at different times throughout the day.

Each movement is specifically designed to either lengthen and relax your troubled hipflexors or to protect your back from future injuries.

Your Daily Schedule:

*** Morning and/or Night:**

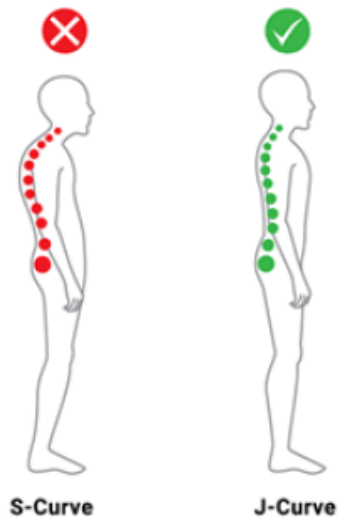
Use the Peaceful Warrior for 5-10 repetitions of 30 seconds in each leg.

*** Every 1-2 Hours:**

Use The Awakened Warrior for 1-2 repetitions of 30 seconds in each leg with.

*** Before Standing up, sitting down or getting out of bed:**

Use the Strong Warrior to brace your core and protect your spine.



My 30-DAY BACK PAIN BREAKTHROUGH CALENDAR



Morning and/or Night:
Peaceful Warrior
5-10 repetitions
30 seconds in each leg.

Every 1-2 Hours:
Awakened Warrior
1-2 repetitions
30 seconds in each leg.

Before Standing up, sitting down or getting out of bed:
Strong Warrior
Brace your core and protect your spine

Start Date:				
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30 YOU DID IT!

Movement 1: The Peaceful Warrior

The ***Peaceful Warrior*** just as its name describes is the most gentle, effortless and passive stretch in our three stretches.

You hardly need to do anything during this stretch as gravity does almost all of the work for you.

Just lay back hold the pose and you will be calmly aligning your spine, putting your nerves to rest and loosening muscular tension.



When And Why To Use The Peaceful Warrior:

Use this stretch first thing in the morning and before you go to bed.

Perform the Peaceful Warrior in each leg 5 time for 30 seconds in the morning and/or night.

What this will do is align your spine getting you ready for the day and release the tension that built up during the day which helps to alleviate pain before falling asleep.

Here's What You'll Need:

- A bed, table or any large sturdy surface that can support your weight.
- This platform must be tall enough so that your legs can hang off, and your feet should not be able to touch the floor.

Here's How To Perform The Peaceful Warrior:

○ 1. Lay down:

- Both of your legs should start in a triangular position as shown
- Move your left side towards the edge of the platform.



○ 2. Pull right knee to chest:

- Use both arms and gently pull right knee to your chest.
 - Hold your right knee with your arms firmly.
- >> This will stabilize your leg, back and pelvis



○ 3. If you can't go very far:

- If you haven't stretched in a while you, or have recently been injured, or this is your first time you might not be able to go all the way forward.
- That's totally fine, this is a gentle process and lengthens the hip flexor more over time
- It should not cause serious pain: this would mean you have gone too far- slowly retract the stretch (as described in the next steps) until there is no pain but just a mild pull sensation.

- If you feel your legs going numb in any way (as some people often feel if they have not stretched in a while) exit the stretch as you have reached your limit for this leg

○ **4. Drop your left leg for 30 seconds:**

- Let your left leg down gently off the side of the platform.
- Consciously release any tension you have in this leg and let gravity gently do it's work.
- You should feel your hip flexor (which is just under your hip bone) stretch in this leg.



- If you are not feeling this stretch, you may need to try going closer to the edge so you can let your leg hang off further (but not so much that you might fall off).

○ **5. Go back to start position:**

- Do this slowly and gently.
- Bring your left leg back up to the platform >> This may be when you need help.
- Guide your Right Leg back down.
- And, give yourself a few seconds to fully relax before moving.

○ **6. Switch to the opposite leg:**

- Repeat all steps you've seen 5 times for each leg 30 seconds maximum.
- Go back and forth on stretching your left side then right so you are not doing the stretch on the same leg consecutively
- Remember if you can do a full thirty seconds, that's perfectly normal and will progress over time.

Things To Keep In Mind:

- ☒ Have someone with you the first time, to watch and assist you, in case you need someone to help you out of the position
- ☒ Give yourself a few seconds between each stretch to fully relax before moving
- ☒ If you can't hold the stretch for the full thirty seconds, that's perfectly normal and will progress over time.
- ☒ Don't force the stretch. Let gravity gently do it's work.
- ☒ If you can't stretch very deeply read the above step 3

Conclusion:

After performing this stretch for the recommended 5 reps for 30 seconds each you should be feeling relaxed and free from all of the built up tension that has been caused from sitting, standing and sleeping for long periods throughout the day.

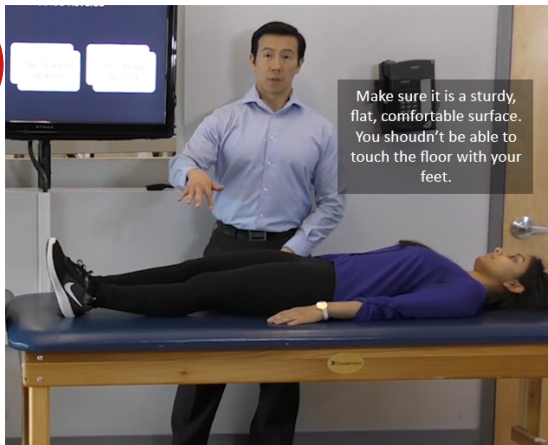
After doing this for a couple weeks you will notice a significant difference in your back, and hips as you will have less pain and more freedom of motion until there is no pain AT ALL!

If you only do one part of the program, make sure it's this one.

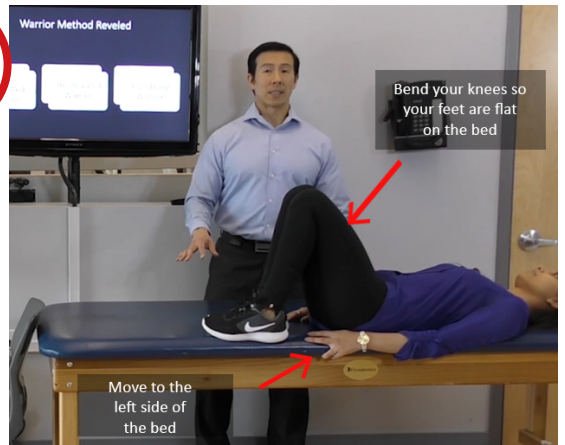
The Peaceful Warrior

Quick Guide

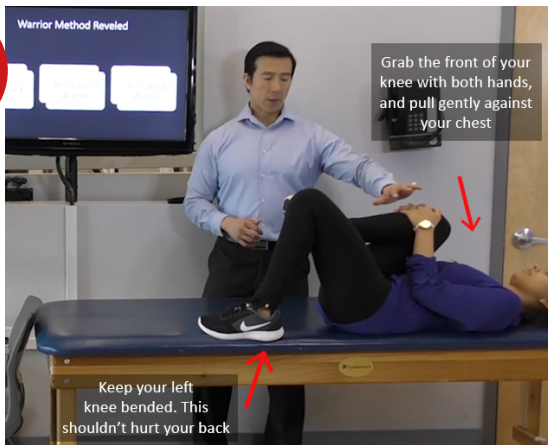
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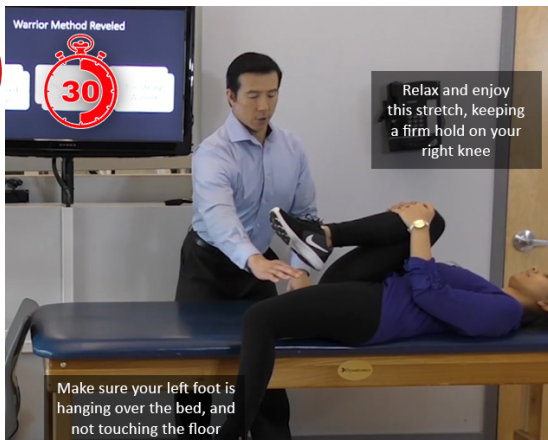
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Movement 2: Awakened Warrior

Many times throughout the day you'll find yourself moving about, sitting for hours, and maybe even just relaxing on the couch. You'll notice your pain flaring up, your muscle becoming stressed and your back tightening.

When this happens, use **The Awakened Warrior** to release the pain and stress and keep the back loose and in a 24/7 healing mode.



When and Why to Use the Awakened Warrior:

Generally speaking, your muscles flare back up throughout the day, it's because your hip flexors are tightening up again. So use this stretch for a few quick minutes and you'll get instant relief from pain.

Only use this every 1-2 hours, never sooner as this will actually overdo it and make your hip-flexors worse.

Here's What You'll Need:

- Chair or A Platform:
 - The Chair or Platform must be high enough so that it causes your hip to be level with the floor.
 - Make sure your chair is strong and sturdy. No rolling chairs, or chairs you bought 30 years ago.



To prevent any accidents: Test the chair by putting a slight amount of weight on it with your hand while standing, push down and forward to ensure that nothing is moving.

Here's How to Perform The Awakened Warrior:

○ 1. Lunge forward onto front foot:

- Keep the stomach braced.
- Keep both feet pointing forward.
- Your back will form a straight line with your back leg
- You will begin to feel a stretch under your hips, in-side your core and near the bottom of your spine.



○ 2. Continue to move forward

- Only move as far as comfortable.
- You must still feel the stretch and your body might “light up” the way it does when you are engaging your muscles in a stretch.

○ 3. Stop If you can't go very far:

- If you haven't stretched in a while you, or have recently been injured, or this is your first time you might not be able to go all the way forward.
- That's totally fine, this is a gentle process and lengthens the hip flexor more over time

- It should not cause serious pain: this would mean you have gone too far- slowly retract the stretch (as described in the next steps) until there is no pain but just a mild pull sensation.

- If you feel your legs going numb in any way (as some people often feel if they have not stretched in a while) exit the stretch as you have reached your limit for this leg

- **4. Stay in position for 30 secs:**

- It's is perfectly fine if you can't make it 30 secs because you are making progress, make note of the time and next time see if you are able to go even a second longer, this progress can be totally normal.

- Otherwise Being to exit the stretch.

- **5. Exit the stretch/ Standing Position:**

- While still engaging your core and keeping your back straight with your back leg.

- Engage your legs and begin gently moving out of the stretch until you are up-right.

- Center you weight onto your back leg and put both legs on the floor to enter back into a standing position.

- **6. Repeat with other side**

- You will want to repeat this on both sides at least every 1-2 hours.

Things to Keep in Mind:

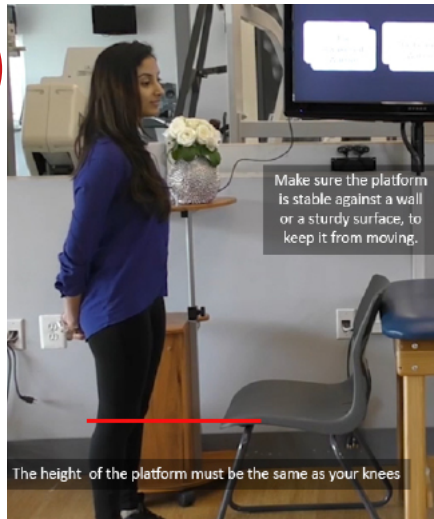
Perform this stretch for 30 seconds on each leg if possible. Not everyone can do this their first time, or after a long time of not using the Awakened Warrior or if after an injury.

- ☒ Engage and brace your abs, side and back
 - Imagine if you were about to take a punch to the gut
 - But, not excessively tight.
- ☒ Keep Spine Stabilized
- ☒ Follow the safety precautions

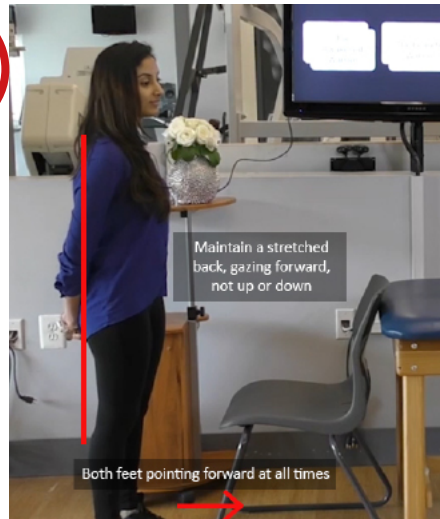
The Awakened Warrior

Quick Guide

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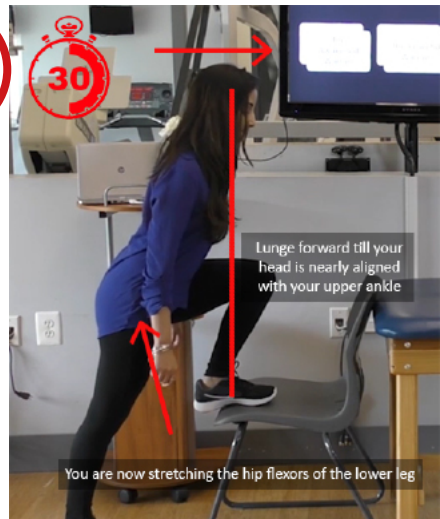
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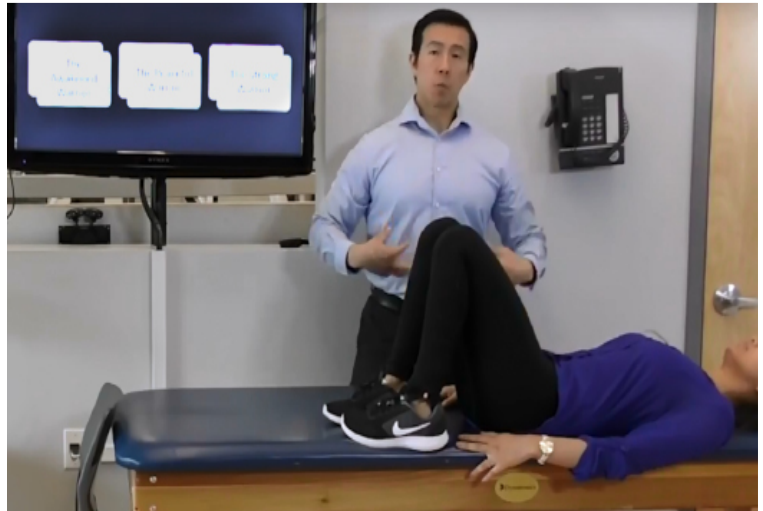


Movement 3: Strong Warrior

The **Strong Warrior** is designed to keep your back stable and strong for when you are getting out of a chair, sitting down or getting out of bed.

You are performing this moment to maintain as strong and proper integrity.

Without this you risk the immediate effect of pulling a muscle, slipping a disc, and worse yet being out of commission and work for months to years!



When and Why you need the Strong Warrior:

Without this habit your spines integrity is weak and will easily keep shifting and causing the irritation and a high potential for the irreversible damage that we talked about earlier.

Eventually this will become a habit, but until then you must use this every single time you perform these activities.

Activities such like: When you are going to get up out of a chair or your car, or before you are pushing, lifting or pulling anything you must use the Strong Warrior.

Here's how to perform The Strong Warrior:

○ 1. Lay down:

- Start off on your back laying down on the platform
- Arms placed on your side.
- Legs Bent



○ 2. Squeeze shoulder back:

- Squeeze your shoulders back so that you engage the muscles of your shoulder and back muscles

○ 3. Tuck in your belly button:

- Brace and engage the muscles of your core so that your belly and sides are firm as if someone is about to drop something heavy on top of your stomach
- When you do this properly you will feel everything in your trunk, side, neck, and hip engaged.
- This is stabilizing your spine.

○ **4. Keep spine in neutral position:**

- Your spine should not be moving
- Often times when someone first does this, their back starts to round your back, this is improper.



○ **5. Hold for 30 seconds:**

- During this time, keep all of your muscles evenly engage.
- This might be a challenge at first so make sure you continue practicing and it will become more natural and easy over time.
- Release after 30 seconds and your all done!



Conclusion:

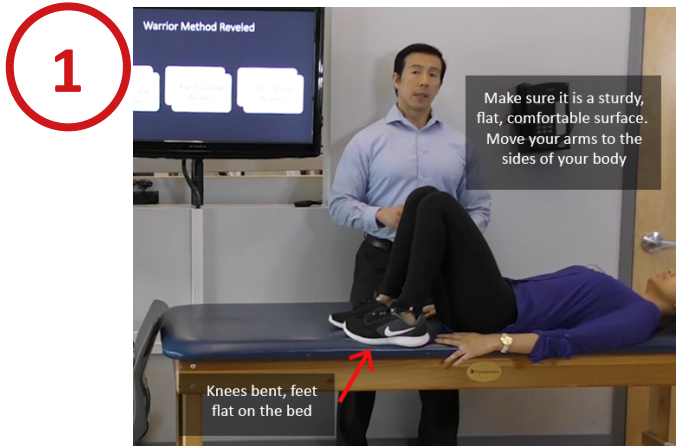
Once you understand this position you must apply this while you're sitting, and standing. This is how you will be able to perform this anywhere.

Do this right before you get up from your desk or move a heavy object, and visually imagine that you are keeping your spine in a neutral position.

The Strong Warrior will have warmed up and activate the supporting muscles ensuring you are **safe from injury**.

The Peaceful Warrior

Quick Guide



Perform the Strong Warrior before:

- Pushing, pulling, lifting and/or carrying things
- Reaching out or reaching up to grab things
- Getting out or into bed
- Sitting
- Standing up
- And whenever you want to make sure your spine is steady and healthy!