

# Perfect Posture

*In 30 Days!*



**By Vince DeMonte**

[www.yoursixpackquest.com](http://www.yoursixpackquest.com)

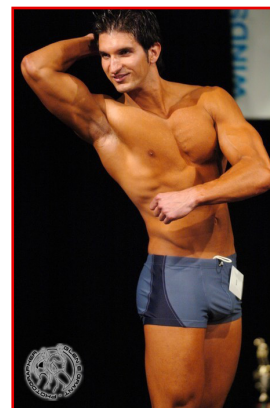
# IMPROVE YOUR POSTURE IN 30 DAYS

BY VINCE DELMONTE,  
AUTHOR OF NO-NONSENSE MUSCLE BUILDING & YOUR SIX PACK QUEST  
FOUND AT [www.VinceDelMonteFitness.com](http://www.VinceDelMonteFitness.com) AND [www.YourSixPackQuest.com](http://www.YourSixPackQuest.com)

## About The Author

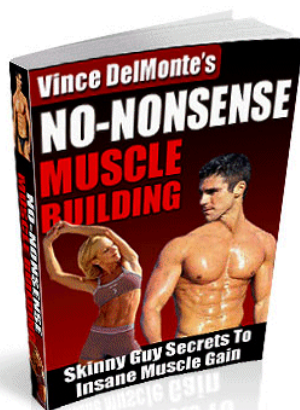
Unless you just arrived from the planet Mars, you have heard of Vince DelMonte at some point.

Growing up as an awkward, skinny, endurance athlete, he earned the nick-name Skinny Vinny and believed he had no muscle friendly genes whatsoever. After a tragic event in his life, Vince went on to gaining 41 lbs of rock-hard muscle in less than six months, which lead to his transformation being featured all over the Internet as well as the International fitness magazine, **Maximum Fitness**.



Currently Vince runs a personal training department of 15 full time trainers and is the most sought out trainer in his area. He entered the world of fitness modeling a few years ago and in his 3rd show ever, became a national fitness model champion. Vince currently writes for many of the biggest online bodybuilding and fitness magazines today.

His personal success story and thousands of client success stories inspired the creation of No Nonsense Muscle Building, the Internet's most popular online muscle building program of it's time found at [www.VinceDelMonteFitness.com](http://www.VinceDelMonteFitness.com) It is the only program that you can find that is endorsed by over 7 of the Internet's most reputable fitness experts.



Each day, Vince receives dozens of unsolicited success stories and spectacular before and after pictures from real-life users of the program, many that you can read and view for yourself on his [website](http://www.VinceDelMonteFitness.com).

Vince has been around long enough to prove his program is not another 'trend.' He has the best online muscle building course, the personal transformation story, the expert endorsements and the personal success stories to back up his claims.

**HE SEES NO REASON WHO YOU CAN NOT BUILD THE BODY OF YOUR DREAMS UNLESS YOU ARE NOT TRULY COMMITTED TO YOUR GOALS AND NOT WILLING TO PUT IN THE EFFORT...**

# INTRODUCTION

Your posture is absolutely the cornerstone of experiencing a healthy, pain free lifestyle. Optimal posture is also the foundation of any exercise program and the little extra edge that helps you demand respect, look sexier and stand out in a crowd!

Even though good posture has always been a symbol for confidence, vigor and poise, there is much more to optimal posture than looking good.

## WHY IS POSTURE IMPORTANT?

### 1. Keeps Your Body In Alignment

Poor posture results most commonly in rounded shoulders, the head falling forward, and protruding upper back. This may occur from too much sitting at your computer or TV, slouching while you drive or sit and poor body awareness.

This results in either shortening of certain muscles or weakening of certain muscles. This waterfall of tiny structural changes, which does not happen over night, slowly begins to shift the alignment of your major joints such as your neck, shoulder girdle, spine, pelvis, knees and ankles.

Consider your body like a car. What happens if you take your old beaten up car out onto a long road trip under hazardous conditions? What's going to happen when you start pushing this car that has unbalanced tires, malfunctioning parts, misalignment on the frame and missing parts? It's going to break down a few miles up the road!

This is why people with poor posture often injury themselves in the first few weeks or even first few workouts. They are training on with 'beaten up cars.' Consider the 30 Days To Improving Your Posture like an automobile tune-up. Once the car is tuned up, you will be ready to push it! If you do not address any poor posture issues then you will pay for them later.

### 2. Crucial For Your Health And Well Being

Your body's primary goal is to maintain center of gravity. Guess what happens when you are not properly aligned? Your body must expend much more energy to counter balance the pull of gravity it is resisting against.

This results in the common neck, back and shoulder pain, headaches and tiredness, because your muscles, ligaments and joints must take on the extra weight. This irregular stress can lead to osteoarthritis and degenerative bones. Fusion of the spine can occur to counteract the stress of the weakened spinal joints.

**Who would have ever thought that poor posture can speed up the aging process! How? Someone who is slouched all day will be compressing his or her body organs, which leads to lack of blood flow and therefore less oxygen carried to your organs.**

Oxygen plays the critical role of maintaining the health of your major body organs and your major body organs are what keeps you alive and functioning from day-to-day. In extreme cases, poor posture can lead to a ruptured disk or herniated disk when moving the wrong way or exercising with certain movements.

**When your disks become ‘pushed out’, your central nervous system is longer going to be able to send the signals from your nerves to your muscles meaning you will not be able to perform you everyday activities as efficiently and effortlessly.**

Your mom knew what she was talking about when she told you to “stand up tall!” She knew that standing up tall could improve your breathing, circulation, energy levels and maintain healthy organs. All of which help lower stress levels. No wonder the hunch back at your office is constantly stressed out!

The majority of medical complaints such as headaches, neck pain, back pain, knee pain and depression can easily be corrected with the 30 Days To Improving Your Posture program. Interestingly, most patients are not easily convinced that “It’s just a posture issue...that sounds too basic...” They want pills, MRI’s and ‘second opinions’ when simple posture improvements are most likely the long term solution.

### **3. Increases Confidence and Sexiness**

Next time you go to the grocery store or mall, take notice of the others walking around you. Take notice of all the people who walk hunched over, and slouched - they appear beaten down by life. They walk defeated and bored with life. They give off a negative energy which can be very toxic.

Now take note of the people who walk tall and sit up straight - they appear powerful and confident. You can imagine the difference this makes in personality and how others react to them. Walking around town slouched and rounded forward does not give off an impression of authority or certainty. It does not give off the impression of sexiness and attractiveness.

Even if you are not the most outgoing or self-assured person, simply positioning your body in an upright, strong manner, you will send the signal that you are proud of yourself and others will treat you the same way!

## **YOUR FIRST 7 DAYS TO IMPROVING YOUR POSTURE**

# PRIORITY #1 FOR DAYS 1-7

## IMPROVE POSTURE BY STRETCHING SHORTENED MUSCLES

Improving posture requires lengthening shortened muscles and strengthening weakened muscles. Let's begin with lengthening shortened muscles with a flexibility training program which you will dedicate the next seven days to doing daily.

### Lower Body Stretching:

1. Low Back (Lying)



2. Letter T Stretch



3. Kneeling Hip Flexor Stretch



4. Side Lying Quad Stretch



5. Supine Hamstring Stretch



6. Gluts/Piriformis Stretch



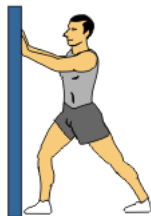
7. Double Leg Straddle Stretch



8. Tensor Fascia Latae Stretch



9. Forward Lunge Calve Stretch

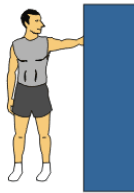


## Upper Body Stretching:

1. Trapezius Stretch



2. Chest Stretch (doorway or wall)



3. Anterior Shoulder Stretch



4. Back Stretch (wall)



5. Quadratus Lumborum/Lat Stretch



6. Seated Lateral Stretch



7. Forearms (kneeling)



## HOW TO CUSTOMIZE YOUR STRETCHING PROGRAM BASED ON YOUR POSTURE:

Below are some of the most common flexibility issues which can affect the major joints. Remember, your connective tissue (muscle, tendon, ligament) all attach on to your bones and your bones form joints. If certain muscles become too tight then certain joints will be pulled out of alignment.

**Here are some of the most common ones to customize the stretching program around:**

### **ANTERIOR PELVIC TILT:**

If your pelvis is tilted forward then expect to do more stretching on your quads and hip flexors.

### **POSTERIOR PELVIC TILT:**

If your pelvis is tilted posteriorly then expect to do more stretching on your hamstrings.

### **SLIGHT OUTWARD FOOT PLACEMENT:**

This is a sign of tightness in the Tensor Fascia latae (TFL) and iliotibial band (ITB) on the lateral part of the thigh.

### **SEVERE OUTWARD FOOT PLACEMENT:**

Same as above but probably also tight adductors (inner thigh muscles). Get ready to stretchout your TFL, ITB, adductor's and hip flexors.

### **LIMITED RANGE OR POOR OVERHEAD SQUAT TECHNIQUE:**

If you can not squat down below parallel, feet a little wider than shoulder width, to the floor holding a broomstick over your head with a flat back then you require some flexibility work around your shoulder, hip and ankle joints. Most can not do this while keeping their back flat, head up and arms in line with their spine. This calls for some serious stretching around the hip flexors, quads, calves, chest and shoulders.

**If you have a condition that you feel is not addressed then seek out a qualified therapist to eliminate any potential injury. Not all perceived flexibility and muscular issues are actually a result of poor range of motion or lack of strength. Oftentimes a muscle will not 'fire' or do its job because of a nerve problem (nerve entrapment will make the respective muscle unresponsive), or structural problem.**

This could mean the joint is not holding or not in alignment (*pelvis out of alignment, one leg longer than the other, unknown shoulder separation etc.*). If you are in doubt of a lagging body part or nagging injury, feel free to contact me to troubleshoot the problem and I will make the best recommendation as to which steps to take.

**I highly recommend seeing a competent injury treatment professional such as a chiropractor, ART therapist, and/or massage therapist that can ‘clean up’ any abnormalities that would be outside of your own scope of correcting.**

Seek out an assessment from a competent therapist and have them treat the cause, not the symptom. You are wasting your time and money if the therapist fails to determine the cause of the current condition. Not correcting the root cause will lead to further occurrences of this condition in the future.

### **BONUS TIPS:**

*\*To receive the full benefits of stretching you should eventually incorporate this into each of your workouts.*

*\*\*It does not matter whether you stretch before or after your workouts. Personally I find stretching to be a relaxing activity so it kills my ‘edge’ before I have to train hard so I prefer to stretch after a workout. The bottom line is that you find time to stretch and you make this next seven days a high priority to get into a groove.*

*\*\*\*\*Hold each stretch for a minimum of 60 seconds per side – this is called good old-fashioned static stretching. Build up to 2-3 minutes per side on areas of attention. Yes, that will be almost one hour of stretching a day if you perform upper and lower body each day.*

*\*\*\*\*\*Spend more time on the areas that are tighter and don’t hold yourself to the above recommendations. If you feel you would benefit from stretching your hips flexors for up to 10 minutes then go for it.*

**Stretching is one of the only things where more is better.** Oh yeah, don’t stretch with a stopwatch either. Stretch for RESULTS. Just like your weights and cardio - you should be increasing your range of motion each week. Go somewhere quiet and get into a relaxed zone. Your body will thank you dearly!

# PRIORITY #2 FOR DAY 7-14

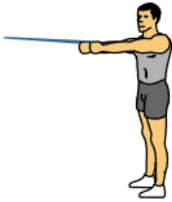
## IMPROVE POSTURE BY STRENGTHEN WEAKER MUSCLES

We have now got a jump start on improving the shortened muscles that were causing tightness on your neck, shoulders and back. Time to strengthen the opposite muscles that have not been doing their job of holding your joints in place.

**Continue stretching the next seven days but place a higher priority on the strengthening exercises in the next seven days.**

### UPPER BODY STRENGTHENING:

#### 1. Standing Row With Bands



#### 2. Basic Lat Pulldown With Bands



#### 3. Lateral Raise With Tubing

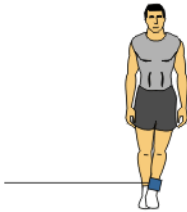


#### 4. Reverse Fly With Tubing



### LOWER BODY STRENGTHENING:

#### 1. Hip Abduction With Band



#### 2. Single Leg Kickbacks



#### 3. Single Leg Hip Extension



#### 4. Alternating Superman



## HOW TO CUSTOMIZE YOUR STRENGTHENING PROGRAM BASED ON YOUR POSTURE:

Below are some of the most common postural issues associated with weakened muscles. Remember, your connective tissue (muscle, tendon, ligament) all attach on to your bones and your bones form joints. If certain muscles are too weak then certain joints will not be able to fight against gravity and stay upright. Here are some of the most common ones to customize the stretching program around:

### **ANTERIOR PELVIC TILT:**

If your pelvis is tilted forward expect to do more strengthening your abdominals.

### **POSTERIOR PELVIC TILT:**

If your pelvis is tilted posteriorly then expect to strengthen your weak spinal erectors (low back muscles).

### **SLIGHT OUTWARD FOOT PLACEMENT:**

This is a sign of weak glutes and tightness in the Tensor Fascia latae (TFL) and iliotibial band (*ITB*) on the lateral part of the thigh.

### **SEVERE OUTWARD FOOT PLACEMENT:**

Same as above but probably also weak abductors (outer thigh muscles). Get ready to strengthen those hip extensors (butt muscles), and abductors.

## **PRIORITY #3 FOR DAYS 14-21**

### **IMPROVE POSTURE BY INCREASING CORE STABILITY AND STRENGTH**

You are half way through your first thirty days to a new you. You should be feeling taller, more confident and more attractive. You might even be getting a few compliments because improved posture creates the illusion you are fitter and leaner.







**In addition to stretching and strengthening, you will be now adding some abdominal work to stability your pelvis – one of the most important joints on your body. If your pelvis is out of alignment your upper body (spine) and lower legs will be pulled out of alignment.**

### **HOW DO YOU KNOW IF YOU HAVE WEAK CORE MUSCLES?**

This can be discovered by lying on your back in a sit-up position. Keep your knees bent 90 degrees and your feet flat on the floor. Now try to sit all the way up with your arms at your side. You should be able to sit all the way up without acceleration and without your feet leaving the ground. If not than your abs are VERY weak.

**THE ABDOMINAL PROGRAM IS DESIGNED TO PRIORITIZE THE HEALTH OF THE LOWER BACK, HIPS AND LOWER EXTREMITIES. THESE EXERCISES WILL ALSO BE THE FOUNDATION OF BUILDING A ROCK-HARD MIDSECTION AND SIX-PACK ABS THAT WILL CAN BE REVEALED WITH LOW BODY FAT LEVELS.**

*(see abdominal program on next page)*

Abdominal Program						
Order	Exercise	Sets	Reps	Tempo	Rest	Notes
A	Air Bike Crunches 	1-2	10-15	201	-	-
B	Janda Sit Up (wrists to knees) 	1-2	10-15	201	-	-
C	Full Sit Ups 	1-2	10-15	201	-	-
D	Lying Side Crunch 	1-2	10-15	201	-	-
E	Supine Double Leg Raise 	1-2	10-15	201	-	-
F	Alternating Toe Touch 	1-2	10-15	201	-	-
G	Hip Thrusts 	1-2	10-15	201	1-2 minutes and repeat	-

*\*\*\*Special Tips*

- *This is a continuous circuit which means you will move from exercise to exercise with zero rest.*
- *Notice the tempo is quicker. Keep your body moving.*
- *Start with 1 set of 10 and build up to 2 sets of 15 with about a 1-2 minutes between sets.*
- *Don't be surprised if you feel like someone is ripping your stomach apart! This is a beautiful circuit of exercises and it kills. Your abs will be on fire!*
- *Unless they are really sore, do this program every workout. It's based on higher volume and no load so your abs will recover quickly.*

# PRIORITY #4 FOR DAYS 21-28

## IMPROVE POSTURE BY INCREASING SHOULDER STABILITY

Personal development coaches say that it typically takes 21 days to create a new habit. If you have been faithful so far then you should be experiencing the fruits of your labor and you are almost complete your 'automobile tune-up.'

In addition to stretching, strengthening and core work, you will add some shoulder stability work. Weak stabilizers on your shoulder can cause internal rotation of your shoulder joint and rounded shoulders - a combo that does not look pretty in a new suit or hot dress!

## HOW DO YOU KNOW IF YOUR SHOULDERS NEED STABILITY?

**The majority of people will be able to answer this fairly easily if they have had previous shoulder injuries or if you fail to meet the test below:**





### INTERNALLY ROTATED SHOULDERS:


Stand beside a mirror and look at your body with a side view. If you can see the top of your upper back in the mirror than you have internally rotated shoulders.

Now face the mirror and take a look at the position that your thumbs are facing. If your thumbs are facing straight ahead then you're golden. If your thumbs are pointed inward diagonally, slightly facing your thighs than you have mild internal rotation of the shoulder joint. If you look down and see your palm or thumb facing the wall behind you then you have severe internal shoulder rotation.

Most likely you have done too much chest work (can be from driving the car, sitting at a desk, carrying laundry etc) and not enough pulling or external rotator work. Get ready for strengthening the external rotators of your shoulder and lots of strengthening the scapula (shoulder blades) to correct this problem.

*(see shoulder program following page)*

Shoulder Stability Program						
Order	Exercise	Sets	Reps	Tempo	Rest	Notes
A	Retractions 	1-2	10-15	311	-	-
B	Reverse Fly with Tubing (dumbbells optional) 	1-2	10-15	311	-	-
C	External Rotation with tubing (dumbbells optional) 	1-2	10-15	311	-	-
D	Diagonal External Rotation with tubing (dumbbells optional) 	1-2	10-15	311	-	-

E	Prone Dumbbell Reverse Flys 	1-2	10-15	311	1-2 minutes and repeat	-
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**\*\*\*Special Tips**

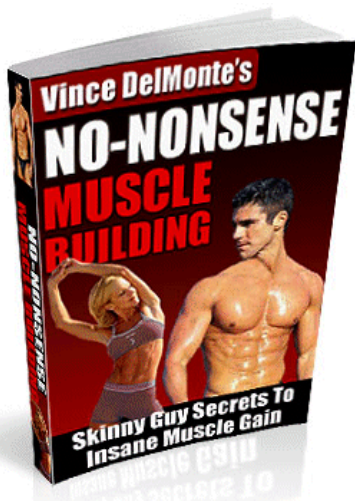
- *This is a continuous circuit which means you will move from exercise to exercise with zero rest.*
- *Notice the tempo is slower because it is also injury prevention centered. Focus on SLOW and CONTROLLED.*
- *Start with 1 set of 10 and build up to 2 sets of 15 with about a 1-2 minutes between sets.*
- *Your goal is not to ‘work it’ but to simply ‘switch on’ the rotator cuff and external rotators so they are prepared to stabilize the shoulder area.*
- *I suggest performing this mini routine prior to every one of your upper body workouts. The heavier you plan to lift the more beneficial this will be. In exchange for an extra 5 minutes of your workout, this mini routine will extend the lifespan of your shoulder joint so you can train hard and pain free!*

## CONCLUSION

There you go – 30 days of step-by-step action steps. This next 30 days is an excellent opportunity to start putting your body back into alignment, decrease the aging process and regain your confidence. The ultimate goal is getting you walking tall without even thinking about it. How will you do this? Be dedicating the next 30 days, one week a time, to the steps outlined in this bonus report. Aside from the outward benefits of aligning your ‘outer-body’, you will create a better ‘inner-body’ to be proud of.

# NO NONSENSE MUSCLE BUILDING

BY VINCE DELMONTE



No-Nonsense Muscle Building is currently the most complete and most popular muscle building course on the Internet. It's a 201-page muscle building and weight gain success manual in e-book format, jam-packed with information that will blow you away. It completely goes against the hype that is circulating today. The program contains all the information that will make it possible to build up to 30-40 pounds of muscle over the next year and to finally discover what your true genetic potential is!

No more gimmicks. No more false promises. No-Nonsense is all about packing inches onto your frame and getting some serious visual and strength gains!

No more busting your hump in the gym with nothing to show for it. No more training twice as hard as the other guys while they grow like a weed and you still look like one! No more pills, powders and shakes that promise you the body of your dreams but only deliver a lighter wallet. No more nicknames and no more sympathy from friends and family for how 'thin' you are.

**Regardless of what you have been led to believe, you do have the potential to build sufficient amounts of size and strength.**

However, whether you like it or not, hardgainers MUST play by a different set of rules – rules that No Nonsense will make you intimately familiar with to build an impressive physique, rules that will require you to march to your own drum beat and go against the mainstream.

Conventional workouts printed on bodybuilding websites or in magazines are useless because the majority of these writers do not know what it's like to have 'muscle unfriendly genes' such as a Lamborghini-like metabolism, limbs like a giraffe and muscle fiber meant for a marathon runner!

You wouldn't keep taking your car to a mechanic if he couldn't fix the problem, correct? So why keep taking your training advice from bodybuilding 'experts' and bodybuilding magazines who have not fixed your problem?



**1** "Winner of the Best New Muscle Building Program & Best Meal Plan awards"  
\* musclebuildingreviews.com 2006

Most hardgainers, young and old, male and female, come to Vince for advice – desperate -- after they have tried everything else with minimal success. At first they are doubtful and hesitant to train in a manner that is counterintuitive.

**Here are just a few of the dozens of success stories I receive from thrilled users of the program who achieving extraordinary results.**

**“Brian packed on 18 pounds of pure, clean muscle mass, in 20 weeks! He’s now rock-solid, ripped & 196 Pounds!”**



**“... I couldn’t believe that I started gaining results by training less than before. I actually added over 9 inches to my entire frame and gained 18 lbs of muscle mass.**

**And this is only the beginning... Thanks for the great program Vince.”**

Brian Macdougall  
Ontario, Canada  
nicolawhite@hotmail.com

**“Joel Pumped Up A Full 17 Inches In No Time!”**



**“I had been working out at home with light weights on and off for about 4 years, and I was not getting the results I wanted.**

**I bought magazine after magazine looking for exercises that could help me bulk up, but I did not find much. So I decided to join a gym and started with Vince’s program...**

**After the first workout, I felt like I had never worked out before and it felt great!!**

**After 4 months I went from 163 lbs to 186 lbs and 17 of that was solid muscle! I actually added at total of 17 inches to my body.”**

Joel Spadafora  
ON, Canada  
mu6dv6ay6ne@hotmail.com

**“Dave Is Just Getting Started And Has Already Gained 18 lbs Of Lean Muscle Mass In Just 10 Weeks!”**



**“I had been working out for a 12 month period prior to Vince’s program with very little results. I thought I was working hard but I only put on about 1/4 inch to my bicep in a year...**

**I had been a marathoner ...usually a skeptic, but for some reason told myself this is possible and I can do this.**

**After just 8 weeks, I have put on 1/2 inch on my biceps, 1.75 inches on thighs, 1.5 inches on chest, 1.75 inches on chest, 0.5 inches on calves.**

**... I feel more confident and I’ve gone from 168 lbs to 186 lbs - 18 lbs so far and it’s only been 10 weeks! I look forward to sending a better pic by the end of the summer when I cut the fat!”**

Dave Lutes  
Englewood, ON  
boilerduo@yahoo.com

**Soft And Depleted To Sexy And Muscular...6th Place Of 41 Girls In  
First Ever WNSO Fitness Model Show!**



**“Vince, How do I put into words everything that you have done for me...**

**I am extremely happy with the results that I have achieved while training with your program.**

**...Knowing that I have you to guide me and knowing that I will get results with your program, gives me the peace of mind that I need to concentrate on bettering my physique.**

Adina Chetan  
Ontario, Canada

**Monika sculpted 10 pounds of sexy muscle  
and lowered her body fat!  
“I Even Entered The World Of Fitness Modeling...”**



**“I have been following Vince’s No-Nonsense Muscle Building Program for six months and have gained 10 pounds of muscle (I know this because my body fat percentage is... lower than when I started).**

**Did I mention I even entered the world of Fitness Modeling and did my first fitness model show. I placed 20th of 41 girls.**

**Not bad for an ex-skinny runway model!”**

Monika Sidor  
Ontario, Canada

Vince truly wants you to build a physique that demands respect, turns heads and gets others to approach you for advice. If you are truly committed, determined and persistent, then I am confident that his Hardgainers Success Kit will help you build more muscle and gain more weight than ever before!



[Click Here For More Information](#)

Here's to your brand new world class fitness body,

*Vince DelMonte*

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Feel Free To GIVE AWAY And Distribute This Report WITHOUT My Permission  
(all content must stay in tact)

In fact, I encourage you share this report! If you have any friends, family or co-workers who would benefit from the knowledge shared here, feel free to forward this report to them. If you have a website, newsletter, blog, forum or e-zine of your own, please don't hesitate to give this report away to your visitors. I can even brand the links to a special code so that you will receive a commission from anyone who orders my program via your link. If your interested in learning more about this opportunity, visit my affiliate section at [www.vincedelmontefitness.com/affiliates.html](http://www.vincedelmontefitness.com/affiliates.html)