

# Shinbone Routine Version 2010



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# Shinbone Routine Version 2010 Summary:

- **Overview:** Version 2010 basically involves recumbent biking in a reclined, legs-forward position. After a cycling session, you should lie down and rest for several hours or sleep for 7 – 8 hours to encourage bone repairing, healing, and thickening.

The routine includes nylon ropes, ankle weights, iron plates, foam, and stationary bike. Your goal is to cycle in full-leg extension while “stretching” the shins in opposite directions with the use of ankle weights and iron plates.

The upper part (below knees) & lower part (above ankles) of the lower legs will be stretched in opposite directions as shown in limb lengthening surgery proven that such stretching direction works.



*Every time your leg pushes the pedal for a straight extension, the corresponding iron plate attached to that leg raises higher. The higher the iron plate rises, the more effective the routine.*

- **Potential benefits of Version 2010:**
  - This routine should be done 3 to 7 days per week; the longer you cycle, the faster the growth
  - The routine is self-help; **assistance from a friend is NOT required.**
  - Great for people who love biking, burn calories, and lose weight at the same time
  - Consistent and doable through trials and errors
  - Less complicated and easier to follow than Version 2011
  - Better tolerated than Shin Version 2011
  - Encouraging success stories reported
- **Disadvantages of Version 2010:**
  - Pain or discomfort involved – pain scale 3 to 6 out of 10
  - May take a little longer to grow than Version 2011

- This routine is not as popular as Version 2011

- **How Shin Version 2010 works:** While constantly keeping the balls and heels of your feet on the pedals, bike vigorously with pointing toes forward to force your entire legs to stretch out farther. Over time, you would pedal with increasingly added iron plates and ankle weights which theoretically force your lower legs to grow longer.

The ankle weights above your ankles help apply a forward force while the iron plates pull the other end of your shin in the opposite direction. Based from past experimenters' feedback, this sort of bone stretching proved effective and consistent.



Every time you pedal, your entire legs including shinbone & thighbone must fully extend and continuously push forward as if they're fighting for more space and growth.

After a few weeks or months pass, you can no longer freely pedal to reach a full extension because bone regeneration has taken place above the ankles. In other words, you're growing taller a little.

In a nutshell, that's the whole routine. Continue repeating the process, fixing the seat adjustment knob to accommodate room for leg growth, and biking vigorously until you've reached a target goal. Version 2010 removes all inhibitions as your lower legs are free to stretch outward in opposite directions. Additional explanations are outlined below.

- **Difference between upright bikes and recumbent bikes:** Upright cycling is generally not well tolerated by your body -- they place a lot of stress on various parts of the body. The rider's weight is divided between the feet, seat, and hands. As a result, you may develop muscle soreness in your lower back, neck, hands and arms.

When cycling for longer periods of time, we suggest getting a reclining bike. Reclining bikes (or recumbent bikes) are more comfortable because body contacts the bicycle in one area; your feet.

In a laid-back reclining position, recumbent cycling is more comfortable and easier to reach a full leg extension than raised-seat cycling. Benefits of recumbent cycling include better balancing and reduced strain and stress on your arms, back, and neck. Shin Version 2010

involves recumbent biking because it's easier to add ankle weights and iron plates.



**Recumbent biking** (laid-back reclining position). This is Version 2010 method.



**Raised-seat biking** (upright position). We experimented this method a few years ago with no success.

- **Casual rider vs. serious rider:** You need to decide what type of riding you intend to do. Are a casual or serious rider?

For the *casual rider*, you're probably interested in more relaxed riding while maintaining a comparable balance between your feet, back, and hips. The casual rider may prefer to go slow and steady without any care for improvement. Basically you just want to get it done and over with. You keep looking at the clock and can't wait to finish the routine.

For the *racer* (or serious rider), your head-forward, weight-backward position should make you feel like pushing hard to maximize force on the pedals while mimicking a kicking motion. You'll focus more on a full leg extension at the bottom of the stroke. Racers will prefer vigorous cycling with increasingly added ankle weights and iron plates. As a racer, you expend most energy in the lower legs, holding it rigid very briefly when applying force to the pedals. You know how to stay motivated and focused by watching TV during the cycling session. One bit of tip: some experimenters often look at inspirational pictures of long-legged beauties or models which are posted on their wall.

- **Seat adjustment:** When first starting out, there are a few things that need to be adjusted or otherwise optimized to make a bike suit the rider comfortably. Adjustment of the seat is usually the first thing since it supports the rider's weight. To fine tune the length, a seat can be adjusted back an inch or so. The general idea is move the seat until you feel a nice leg extension.

Every weeks or months, your legs command more room for growth. To continue growing taller, you can fix the seat adjustment knob by sliding it along a rail which seats you in a laid-back reclining position approximately 1/2 to 1 inch backwards.

If you're not able to reach a full extension, you may have to straighten the spine or lean back slightly to accommodate a balancing and extension of the legs. In other words, you may need to angle your spine up or down a few degrees or move the seat slightly forward or backward to freely extend your legs without rocking the hips.

After the adjustment, again both legs will have to work harder to reach a full extension every time you pedal. As you can imagine, this height routine can be somewhat addictive as you're able to set measurable goals.



*Adjustment knob*



*We've tested a few recumbent bikes and most of them have the seat adjustment knob near the bottom*



*Adjustment knob*

Proper form is vital, with the back supported, legs stretched out to pedal forward. When the seat fits nicely, you can ride more efficiently and comfortably.

Upright riders who are used to a more aggressive riding position will have to adapt to recumbent biking and make adjustments. The trick is to strike the right balance between leg extension and kicking motion.

To maximize the efficiency of each pedal stroke from both legs, you need to identify the weak spots. Whether it's the location of the seat or resistance level of the bike, something needs to be fixed. For example, the seat is slightly farther when you have to rock your hips to reach the pedals. To become more efficient, you may need to slide back a little on the seat. Changes of 1/2 to 1 inch make a surprising difference.

- **Pedal stroke technique:** A rider with refined pedaling skills will be able to maximize the power and speed potential. A smooth pedal stroke takes some practice but it can be done. As the cycling routine progresses, you'll be able to refine your transition from pedal stroke to force application, and later to kicking motion. Once you get the hang of it, your pedal stroke looks smooth, even when power output is high.

As you pedal forward with your heels and balls on the pedals, your legs are completely extended forward at the end of the stroke. It's like mimicking a front snap kick except you're doing it at a faster speed. Continue to practice and you'll soon enjoy the challenge.

As a side note: poor lower leg position will negatively impact your body balance. Another futile attempt is trying to extend and pedal on your toes.

- **Endurance:** In general cycling is a power endurance activity. During the first week, keep your resistance light to moderate. It takes time to work up to your endurance capacity. Initially you'll get tired quickly and sometimes feel like giving up. Over time, you'll ride with higher heart rates without experiencing muscular exhaustion. It's about power and agility training that you'll soon progress.

As your physical endurance improves, you will feel quite strong, and have the burning desire to push harder. It takes patience and dedication to advance your flexibility and



accelerate recovery.

Training your legs to handle the stress is no easy task. You can pedal a bike just well enough to get by, or you can pedal with efficiency while exploding your threshold tolerance. No pain, no gain, we've all heard that before.

Through explosive use of muscular power, big riders can generate a stronger pedal stroke thanks to their larger muscle mass. The bigger you are on the bike, the more iron plates and ankle weights need to be strapped on your legs.

- **Reward your body:** Your body is like an engine and water is your fuel. Make sure you have adequate intake of water or Gatorade. Of course, calcium-rich fluid or milk is essential for bone growth.

How do you know when to reward your body? → *Sweating!*

Some riders prefer to wear sweatbands or have a cloth to wipe sweat off their foreheads.

Remember to gently stretch your legs after each ride. Once your muscles start to cool down, spend 10 -15 minutes on leg and hamstring stretching. Since hardcore pedaling can strain the backside of the knee, stretching and massaging your thigh and calf muscles immediately after a ride will help reduce the discomfort or soreness.

- **Click-in pedals:** Click-in pedals and clip & strap pedals are generally not advised because they may limit the maximum extension on your pedal stroke. Again, the idea is to mimic the kicking motion.
- **Boredom factor:** As you can imagine, a common complaint about indoor recumbent biking is the boredom factor. Luckily, most of us have TV, DVD player, or MP3 player.

Cycling for height increase is not only a physical journey, but a mental one as well. You have to push your body and challenge yourself by visualizing different terrains. Since the assistance of a friend is not required, you are the only one in charge of your workout.

If you're overweight, consider cycling as another alternative to shed pounds. Cycling helps tighten up your thighs and tone your calves.

- **Caution:** Comfort is the deciding factor. Use lots of foam to cushion your shins as this will generally produce a comfortable ride and reduce the possibility of skin irritation.

If you have aching knees from cycling, please contact your physician or health care professional. It's likely due to muscle stiffness but get a professional opinion anyway.

- **Taller individuals:** Now if you're **5 feet 9 or above (175.2 cm or >)**, a normal recumbent bike may not fit you comfortably because you wouldn't be able to perform a straight leg extension. Tall riders generally have longer legs in relation to their body length than average height riders. In that case, you should buy a mini stationary bike.

By reclining or leaning back on a chair against the wall, you pedal normally with a mini bike but the legs should extend fully forward with the balls and heels of the feet on the pedals. Carefully judge the distance between the mini stationary bike and chair.. The distance

should be just right that you're able to fully extend the legs.



*Mini stationary bike*



*Biking on a chair with the mini bike*

## Required Equipments



Nylon ropes



Iron plates (10 lb to 25 lb or 4.5 kg to 11.4 kg).. (Bought at Walmart & Dick's Sporting Goods)



Husky HangAlls 24 inch or 36 inch (Available from Home Depot or [google.com](http://google.com))



Polyurethane foam (Bought at Walmart & Ikea)



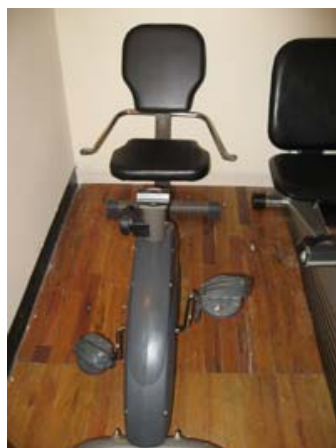
Support wrap (you can substitute this with foam).. Bought at Walmart



Ankle weights.. (Bought at Walmart & Dick's Sporting Goods)



Mini stationary bike OR (Bought online)



Recumbent bike (Bought online & sporting goods store)



Chin dip leg raise (Bought at Sporting Goods store)

Notes: You don't need both the mini stationary bike and recumbent bike. It's one or the other. See additional explanations below.



## Preparation: Attach Husky HangAlls below knees



**Step 1A:** Support Wrap or foam is used to strap around your calf muscle and the upper part of your lower legs (below knees).



Step 1B



**Step 2A:** Attach two or three Husky HangAlls straps on top of the Support Wrap or foam layers.



Step 2B

## Preparation: Attach ankle weights above ankles



**Step 1:** Wrap several layers of foam above your ankles



**Step 2:** Then attach ankle weights around the foam layers



*Finished*

## Iron plate Setup



**Step 1:** Pre-arrange by placing 2 iron plates on a stool with ropes attached all the way over the chin up bar to the hooks below your knees. Now, use your hands to pull down on the ropes which will slowly lift the iron plates.



**Step 2:** The stool should be positioned slightly to the side so the iron plates will suspend in the air upon hand-pulling.



*Step 2: Another view*



**Step 3:** Begin your biking routine



**Notes:** You have the option to use additional table or stool and place the iron plates at a higher position.



# Anchoring your Mini stationary bike and chair

**Purpose:** You have to secure your mini stationary bike and chair to prevent them from sliding out of place.



**Step 1A:** To recap, if you're 5 feet 9 or above (175.2 cm or >), a normal recumbent bike may not fit you comfortably because you wouldn't be able to reach a full-leg extension. Thus, you should get a mini stationary bike. Here, we secure or anchor the mini stationary bike with iron plates and dumbbells.



**Step 1B:** *Another view.* If necessary, use nails or lag screws to pin the legs of the bike to wood boards. Instead of iron plates, you have the option to use the large sand bags, big boxes, or even the wall as barrier.



**Step 2A:** Place a chair against the wall



**Step 2B:** Iron plates are used to anchor your chair.



**Step 2C:** Another option is to tie nylon ropes to a chair.

## Shin Version 2010 – Miscellaneous Pictures & Notes



*Place a soft pillow behind your back to cushion the laid-back reclining position. Your pillow also helps angle your spine up or down a few degrees to accommodate a full-leg extension.*



*Once again, every time your leg pushes the pedal for a straight extension, the corresponding iron plate attached to that leg raises higher. The higher the iron plate rises, the more effective the routine.*



*Instead of using a pair of 10 or 20 lb iron plates, you may merge the ropes by suspending one larger-size iron plate.*





*How does bone stretching work? The ankle weights above your ankles help apply a downward force while the iron plates pull the other end of your shin in the opposite direction (upward).*



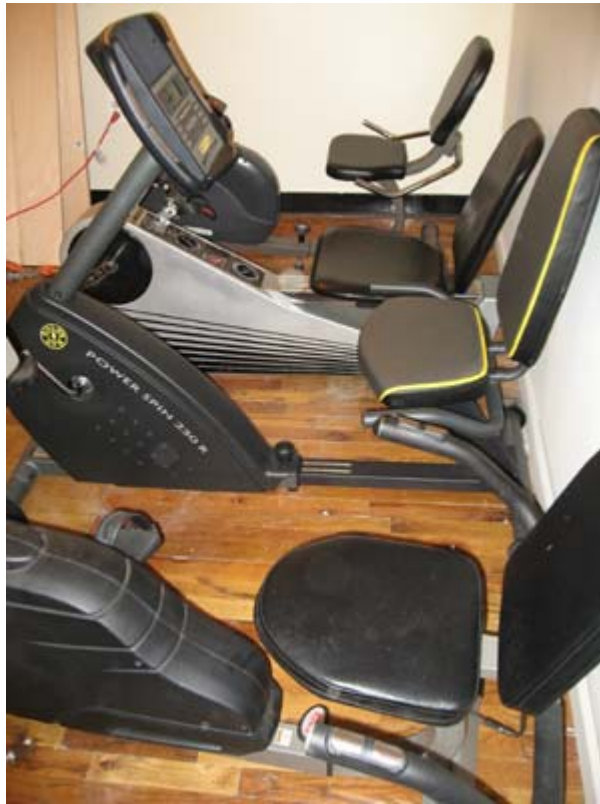
*Another view*



*Another view*



*We tested with chains and learned that they cause too much friction and noise. Our advice? Stick with nylon ropes.*



*Even if your goal isn't height increase-related, buying a recumbent bike is a wonderful investment. Ideally, the bike helps you get into shape and even tone your muscles. We have a total of 4 stationary bikes at our clinic plus 4 other mini stationary bikes at a different location.*



*Another view*



*Another view*





*Here, you can tell that the biking routine isn't vigorous enough. How so? Because the corresponding iron plate attached to the right leg is only raised several inches high. To reach your endurance threshold, you'll have to extend the leg farther with force application while raising the suspended iron plate higher.*



*As shown here, one iron plate is raised about a foot higher than the other.. which means serious pedaling force was applied. This technique is ideal.*



*Here, the technique is acceptable because it shows a straight extension of the leg. Nevertheless, a full-extension isn't enough. It has to mimic a powerful kicking motion (front snap).*



*Another view*



*Another view*



*This is a poor technique because a full-leg extension isn't performed.*

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