

Shinbone Routine Version 2011



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Introduction

From: Philadelphia, PA – USA

Dear height seeker,

My name is Sky, the founder of EasyHeight.com and LimbCenter.org. First, I'd like to extend my gratitude and appreciation to everyone who supported our website (EasyHeight.com) throughout the years, and to everyone who made a purchase.

My staff and I provide a personal service sure to leave you happy and satisfied about your purchase. Our program includes bone stretching techniques that you may consistently perform everyday or every week to possibly increase your lower body height. Since June 2004, we have tested many limb lengthening (shinbone) experiments and finally found something that appears to work well for dedicated experimenters. While individual results may vary, we'll work hard to help you maximize your success rate.

About us: For the past 6 years we were called “idiots” by medical doctors and critics for trying to grow taller with ankle weights and iron plates. For the most part, the critics were right. We were never the geniuses but through trials and errors, surprisingly and luckily we found something that seems to work.

Our team consists of ordinary college students and graduates who set out to research and experiment on height increase. Beyond our wildest dreams we had never expected to open an Research & Experiment Center. We treated height research like a hobby and this is the reason why we've been persistent over the past 6 years. Persistent but not always consistent -- at most frustrating points of our journey, we gave up experimenting for as long as 7 months.

Over the past year, we helped height seekers save thousands of hours and X amount of dollars by learning from successful experimenters and by personally exploring different experiments and hard-core routines. Our research is still a work in progress and our techniques will continue to modify in an effort to increase the success rate.

Furthermore, we will not insult your intelligence by re-introducing you to the same recycled information (growth periods, sleep, posture, vitamins, stretching) that's available elsewhere on the web. We are not medical doctors or osteopaths and will never pretend to be. We don't wear medical uniform or scrubs in an honest attempt to prevent a misleading impression. It's bloody-disgusting and selfish to provide false claims and hype about height increase. What's my promise? We would never sink so low.

Trials & Errors: All experiments begin as a theory. On rare occasions, they merge as one. The law of physics is the motivating force behind our bone stretching techniques. Of course, all techniques require some efforts. Both Shin Version 2010 and 2011 require dedication, persistence, as well as trials and errors on your part.

Shin Version 2011 can be complicated to set up in the beginning and the assistance of a friend is required to help you set up every time. Trying to convince a friend or family member to help you may not be an easy task. So if necessary, you may consider monetary rewards when seeking assistance from a friend. Shin Version 2011 can be stressful and frustrating in the first few weeks to get all the equipments organized and set up properly. However, it's doable if you keep your mind focused or free from distractions.

Self-help Option: Any and all claims made on LimbCenter.org are to be considered exceptional results by diligent individuals who actually use and apply the techniques, not the average result of anyone who buys our techniques. It does not guarantee nor even imply that you will duplicate the results. We expect dedication, good work ethics from ourselves, and we encourage it in our clients. We reserve the right to modify, suspend, or discontinue our experiments, routines, and/or recommendations with or without notice at any time and without any liability to you.

Growth is coming, it now appears, but in steps, not overnight. Our techniques will not quickly result in several inches within 4 or 5 weeks. It's false, misleading, and deceptive to guarantee you results if we know nothing about your tolerance & endurance, bone structure, size of calf muscles, or history of excessive smoking and alcohol intake.

The Self-help Option costs significantly less than the Pro-help Option due to a variety of reasons. With the Pro-help Option, you're forced to stay disciplined and dedicated since you'll be paying for around-the-clock service and competing to grow like other successful clients. There are NO distractions (girlfriends, movies, shopping, etc) because you'll stay at our clinic for 3 days or more... To put things in perspective.. If you ever watch NBC's "Biggest Loser" (weight loss competition TV show), you probably notice that the participants on the show had great success with weight loss during the 6-week training camp -- much more success in weeks at the camp than they would have in months at the comfort of their homes.

Free Trial course treatment:

- *Personal service:* Our time with you at the clinic is always respectful and customized to ensure a pleasant experience while **maintaining the highest level of discretion and confidentiality.** The services provided are memorable and we are always perceptive to your individual needs.
- The clinic is only a two-hour drive from New York or a three-hour drive from Washington DC. While we welcome all U.S. and foreign clients to our clinic, appointments should be made in advance due to high demands.

We're now ready to help you design and carry out your Shin routine. Should you have any questions, please email or give us a call. See you soon in Philly!

** Special thanks to our loyal easyheight fans and past experimenters! * ☺*

Sincerely,

LimbCenter Staff: Stephen, Sky, Ricky, Harry, Jacky



Shin Version 2011 Summary:

- **Step 1:** Sitting on a bar stool or bed and allow your lower legs to be stretched. NO efforts are required except sitting still and enduring tremendous pressure and pulling forces, which will be exerted above the ankles in a downward direction at the same time when an opposite pulling force below the knees acts as counterforce to gravity.
- **Step 2:** Lie down and rest for several hours or immediately sleep for 7 – 8 hours to encourage bone repairing, healing, and thickening

Potential benefits of Version 2011 (*Please review carefully*):

- Due to its intense stretching, this routine is flexible and may be done once a week, twice a week or even 7 days a week depending on your willingness to endure some leg discomfort or pain, and of course how fast you want to grow.
- Easily return to work, school or daily activities throughout the entire duration of treatment. Unlike cosmetic surgery, you don't have to stay homebound or confined to a bed for months.
- May achieve quicker growth than Version 2010
- Appears easy and effortless to increase the intensity level by turning the handle (NO heavy lifting). FYI: We use a lever hoist (available everywhere online) which is strong enough to resist the maximum load capacity of 3/4 to 2 tons (1,500 to 4,000 pounds).
- Tolerance and endurance are developed and adapted with time
- Temporary discomfort is only felt during stretching. Once stretching is stopped, the pain goes away in most cases.
- Consistent and doable only through trials and errors
- Little impact, if any, on your knee joints
- Immediate sensations of bone stretching are felt after a 90-minute session.
- There are currently MORE success stories from Version 2011 than any other versions combined over the past 6 years.
- A tall person (at least 5 feet 10) may grow slightly quicker than average as the relative lengthening percentage is smaller in the taller person than that in the short person for the same length.
- Since there's no surgery, risks of infections or scars are virtually non-existent. We never sacrifice function for length.
- Growing longer legs without surgery is more accepted by friends and family members. Whereas traditional limb lengthening (done by surgeons) is considered taboo because this is cosmetic surgery in its most extreme form.
- Wearing short jeans and skirts shows the lengths of the lower legs but not the thighs, thus you get more bang for your buck in obvious height increase from shinbone than from thighbone lengthening.
- Although our non-surgery technique is very intense, the results are fulfilling and rewarding. Whether you're a job seeker or spouse-hunter, being taller can greatly improve your status.
- In this economy with a high unemployment rate, an inch or two (2.5-5 cm) of height increase has been a life changing event for past experimenters because it improved their body image, career goal, fashion selection, dating selection, and sports performance.

Disadvantages of Version 2011:

- Requires the assistance of a friend to help you set up the equipment every time.

- Can be a little difficult initially to convince a friend to help you unless monetary rewards are involved especially in this economy
- Can be frustrating in the first few weeks since you'll need to get several equipments organized and set up (but easily purchase online or at sporting goods).
- Moderate-level discomfort or pain involved – pain scale 6 to 7.5 out of 10
- Pain and discomfort sensitivity are proportional with growth but difficult to manage in the beginning. The higher the pain/discomfort level, the better response in bone lengthening
- May take 1 month to see noticeable growth ONLY when bone stretching is very intense and done correctly and frequently. If pain level is not sufficient or bone stretching is not as intense, may take 4 to 10 months to see growth.

Shinbone Version 2011 Summary:

- **Overview: Shin Version 2011 involves:** sitting on a bar stool, nylon ropes, chain, lever hoist, iron plates, foam, chin-dip-leg-raise OR chin up station, Husky velcro strap.
- When the law of physics and the science of bone remodeling intertwine, Shin Version 2011 is the end-result as it appears to possess multiple characteristics.
- Repeated stress, such as bone stretching, results in bone thickening or lengthening at the points of maximum stress in the lower legs (above ankles).
- Our non-surgery bone stretching techniques force fused bone to grow first. Gradually its growth influences corresponding muscle and soft tissue to proliferate and grow in accordance to their anatomical and physiological rules and the functional demands of the mechanical loading. We obey the:
 - Law of Tension-Stress and Tissue Regeneration by Dr. Ilizarov
 - Law of Bone Remodeling by Dr. Julius Wolff
- Shin Version 2011 requires the assistance of a friend to help set up every time and its bone stretching is intense with a discomfort level ranging from 6 to 7.5 (out of 10) as reported by users; however, its intense stretching has produced rapid growth to our experimenters.
- **Influence of growth plate:** Shin Version 2011 experimenters appear to maintain permanent growth since they stretch the epiphyses (ends of the shinbone) right above the ankles where the growth plate locates. Understand that an adult's fused growth plate above the ankles is the weakest part of the skeleton. Because growth plates are the last portion of bones to harden (ossify), they are susceptible to high stress such as ground-impact running or bone stretching (Shin Version 2011).

The growth plate regulates and helps determine the length and structure of the bone. Growth plates at the ends of the long bones are responsible for maximum growth in puberty. Understand that the shinbones do NOT grow from the center outward.

- **Intense bone stretching:** In Shin Version 2011, enormous pressure and pulling will be exerted above the ankles in a downward direction at the same time when an opposite pulling force below the knee acts as counterforce to gravity. As a result, MOST of the lengthening occurs at the end of the bones near the ankles' growth plates (NOT below

knees) since there are NO calf muscles present at the ankles.

In other words, when there are **LESS muscles and tissues surrounding bones**, these bones are **free to grow** and stretch according to functional demands of the mechanical loading. Muscles are also necessary for movement. They're the masses of tough, elastic tissue that pull the shinbones when you walk. For this reason, larger calf muscles may provide slightly more resistance when bone stretching is applied.

When running or jumping, the **influence of the calf muscles** on the legs is stability and strength; however, when bone stretching is performed, calf muscles often act as shock absorbers to protect the Achilles tendons which in turn can interfere with bone growth (below your knee).

- **Precautions:** During intense stretching, **blood circulation in the legs may be impaired at times** and therefore individuals who are currently taking Pentoxifylline, Plavix, Digoxin, or a high-strength Rx diuretic (Hydrochlorothiazide 50mg, Furosemide 40-80mg) should seek medical advice before using our techniques. For additional questions regarding your prescription drugs, please contact your physician.
- **How to minimize pain intensity?** The use of foam can reduce the discomfort level by up to 2 points. Magazines and lap tops (watch movies) will serve as distractions that reduce discomfort sensitivity. Individual results may vary since pain or discomfort is a factor in building tolerance. The less pain you want to endure, the less stretching force exerted, and thus the longer it takes for bones to grow. Whereas the more pain you can endure (moderate), the faster the growth.

Females need to learn to adapt to some **moderate-level discomfort or pain**, something their **male counterparts** should have little problems dealing with.

Dr. Wolff's "Law of Bone Remodeling" proves that bones can remodel in response to mechanical stress. Wolff's law states that bones remodel or reshape in response to mechanical stress. Our bone stretching techniques can help you remodel the shins (lower legs) through the laws of physics by repetitive stress. Basic physics is outlined as follows:

$$(F = ma)$$

Force equals mass times acceleration

A larger net force produces a larger acceleration, on an object with constant mass. Ideally, we want a larger net force exerted by the lever hoist that would produce a larger acceleration. An acceleration so powerful that the remodeling and reshaping of the shins would be possible after a restful sleep. Our so-called bone stretching techniques work by taking advantage of the body's ability to heal itself.

Required tools to anchor your chin dip leg raise

Note: The following tools and equipments may be purchased at Home Depot, Lowe's Home Improvement, or on the Internet (craigslist, ebay, google).



Door pull OR Stake holder zinc Plate
(Bought @ Home Depot)



Adjustable wrench
(Bought @ Home Depot)



Drill
(Bought @ Home Depot)



Chin dip leg raise (also known as chin dip knee raise or chin dip station)..
Bought @ Dick's Sporting Goods).



Drill bit
(Bought @ Home Depot)



Lag screws (we're 5/16" x 2-1/2". Brand is BPK..
Bought @ Home Depot)



Wood boards (about 1 inch in height)..
Bought @ Home Depot)



Pieces of wood
(Bought @ Home Depot)

Shopping for equipments & tools



@ Walmart for iron plates



@ Walmart for ankle weights



@ Home Depot for nylon ropes



@ Home Depot for chain



@ Home Depot to purchase wood boards & other equipment.



Don't hesitate to ask an employee to saw your wood boards for free.

How to anchor or secure your chin dip leg raise

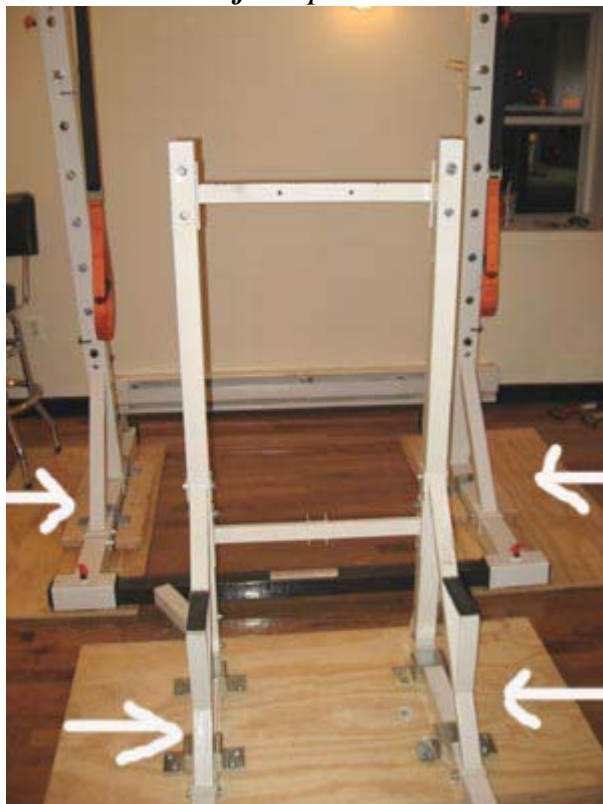
Purpose: Securing the chin dip leg raise to wood boards is necessary to prevent it from collapsing due to enormous tension generated by the lever hoist.



Before picture



After picture



After picture



After picture



After picture



Preparation #1: Select the drill bit size appropriate to the material being drilled and the tool being used. To ensure superior lag screw penetration, you will have to use a drill bit that is slightly thinner than the lag screws you are putting in.



Preparation #2: Arrange several wood boards (each 1 inch or 2.54 cm in length) and stack them on the floor.



Preparation #3: Measure the length of the lag screw to the layers of wood boards. A screw should be long enough to penetrate into all 2 or 3 layers of wood boards without touching the floor.



Preparation #4: We use the lag screw 5/16" x 2-1/2" which is the smallest in size from the above picture. The lag screw brand is *BPK*. Lag screws are preferred over nails for their superior pullout resistance. Another benefit is that lag screws can be removed without damaging the wood.



Preparation #5: As an alternative, door pulls can be used instead of Stake holder zinc plates.



Preparation #6: We bought Stake holder zinc plates from the Home Depot.



Step 1: Place Stake holder zinc plates on the leg of the chin dip leg raise. Carefully position the leg near the edge of the wood board. Doing so will leave extra space to later add iron plates and dumbbells and completely secure the chin up station.



Step 2A: First, drill pilot holes before inserting the screws so you don't crack the wood. Before drilling, precisely measure the location of the hole and use a pen to mark where the hole needs to be drilled.



Step 2B: You may drill pilot holes directly into the wood board with the Stake holder zinc Plate already on the wood surface.



Step 2C: The pilot hole should go as deep as the length of the lag screw; thus the job of inserting the lag screw will be easier.



Step 3A: Insert the tip of the lag screw into the pilot hole and begin to hand-tighten the screw with a few turns. Once you get the lag screw started into the wood, take your adjustable wrench and start turning the screw

clockwise while applying solid pressure. Slowly it starts digging into the wood, but it will be difficult to turn.



Step 3



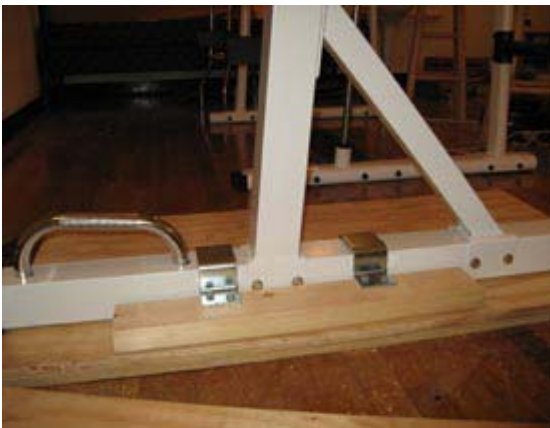
Step 3



Step 3



Step 3



Repeat steps 1 through 3 until you have secured both sides of the chin dip leg raise.



Finished



Finished

Open space



Purpose: Placing the Stake holder zinc plate on the leg of your chin up station may leave an open space. You'll have to cover that open space otherwise it's difficult to insert lag screws afterwards.



Option A: If the open space is 1 to 2 inches in height, fit 1 or 2 pieces of wood with corresponding height in the open space. Once the wood is snugly in place, then follow the discussed steps → drill pilot holes directly into all layers of wood, insert the tip of the lag screw and use the wrench to tighten.



Option A



Option A



Option A (finished)



Option B: If the open space is not big enough to fit a piece of wood in beneath. You can purchase a smaller piece of wood or simply place a piece of cardboard on the leg of the chin dip leg raise. Doing so will elevate the

height of the Stake holder zinc plate which will in turn increase the size of the open space.



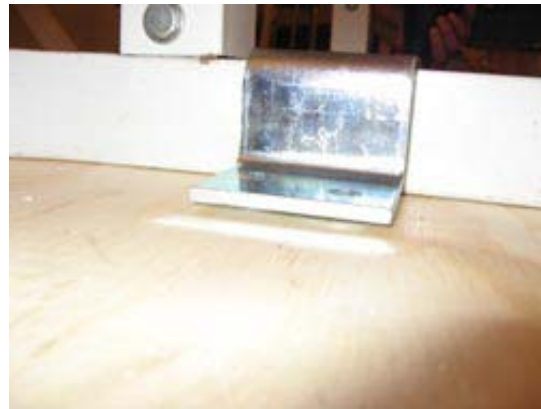
Option B



Option B



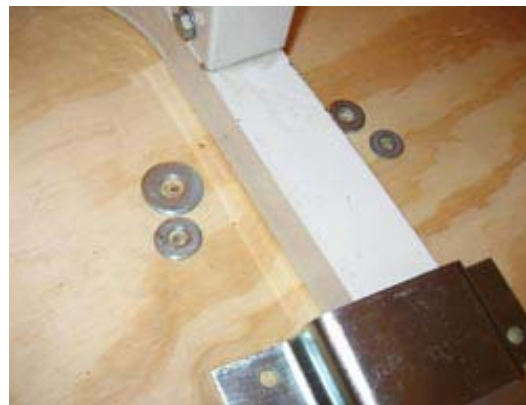
Option B: Then continue with the discussed steps → drill pilot holes, insert the tip of the lag screw and use the wrench to tighten.



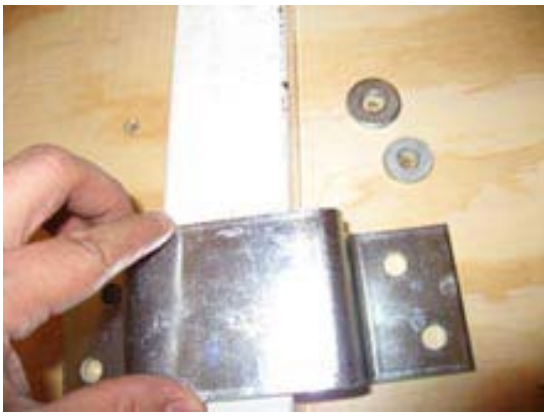
Option C: If the open space is very small (1/4 to 1/2 inch gap), carefully place several cut washers on top of the pilot holes.



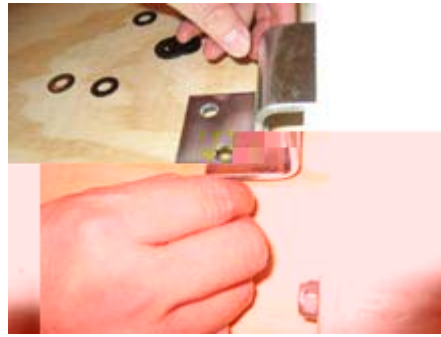
Option C: Small open space



Option C



Option C



Option C: Place the Stake holder zinc plate on top of the cut washers and align them carefully to not cover the pilot holes. Then follow the discussed steps → insert the tip of the lag screw and use the wrench to tighten.



Option C



Option C

Securing the chin up station with iron plates

Purpose: Securing the chin up station to wood boards is needed. Otherwise, the enormous tension of a lever hoist will drag everything out of place.



Before picture



Before picture



After picture



After picture



Begin to spread out iron plates and dumbbells all over the wood boards.



We use mostly 45 lb (20.4 kg) iron plates plus a few 25 lb (11.4 kg) plates.



When lifting of heavy weights is involved, you should wear sneakers to avoid serious injury.

Securing the metal bar or PVC pipe

Purpose: In preparation for the main event (lever hoist's pulling), you'll have to secure a bar near the legs of the chin dip leg raise.



Step 1: A metal bar or plastic plumbing pipe (PVC pipe) can be used. Some chin dip stations available online including the ones from Dick's Sporting Goods should have a metal hook at the side that fits a bar can rest. If your chin up station does not have a metal hook, you can customize it by buying some metal hooks from a local home improvement store. It's not difficult.



Step 2A: Use a short chain about 2-3 feet in length and begin to attach around the hook & leg of the chin up station.



Step 2B



Step 2C: Use a Snap Hook or Quick Link to join the two ends of the chain.



Step 2D



Step 2E



Step 2F



Step 3: Continue securing both legs of the chin up station



Finished



Finished

Shin Version 2011: Required equipments



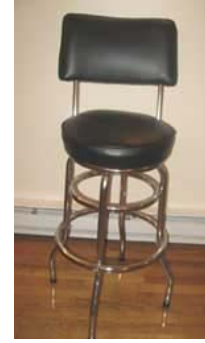
Chin dip leg raise (Bought @ Dick's Sporting Goods)



Nylon ropes
(Bought @ Home Depot
Home Improvement Store)



link chain



Chair or bar stool
(Bought @ [Mr. Bar Stool](#) or Ikea)



Husky HangAlls 24 inch or 36 inch. (Bought at Home Depot.. also available on [google.com](#). All HangAlls straps come with a free snap hook).



Hi-test Chain



Quick link and/or

Snap hook
(Bought @ Home Depot)



Support wrap (Bought @ Walmart). Using foam is okay.



Polyurethane foam
(Bought @ Walmart & Ikea)



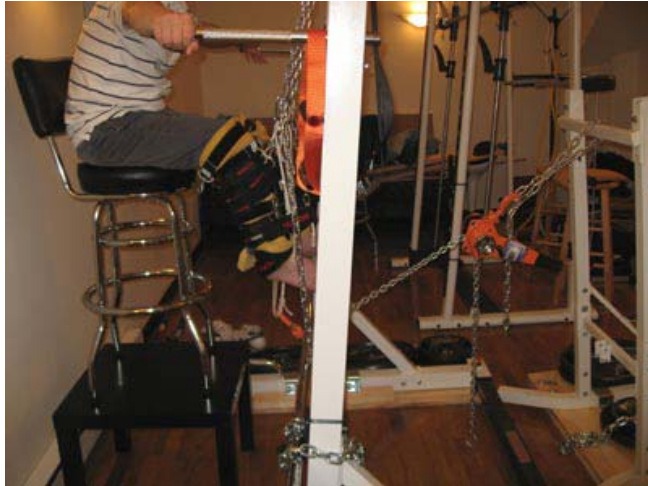
Lever hoist (Bought from Ebay)



Side table
(Bought @ Ikea)

Set-up with bar stool and table

Purpose: Stretching your limbs for 90 minutes requires comfort and distraction. A bar stool will allow you to rest your back while reading magazines or playing your iPhone. A small table beneath the stool provides appropriate height to help contribute a powerful continuous stretch by the lever hoist.



Attaching Husky HangAlls straps below your knees



Step 1: Strap the Support Wrap right below your knee. If all you have is foam, use it. Then add several layers of foam around the shin and calf muscle.



Step 2: Attach three (3) Husky Hangalls straps on top of the foam layers and carefully position the Husky straps' hooks facing forward. Be sure to use lots of foam below your knee and around the calf muscle.



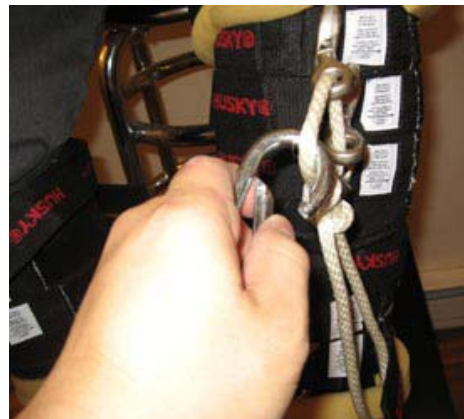
Step 3A: You'll need a short nylon rope or chain which is about **1 foot** in length. Then slide the rope in between the Husky's hooks, tie the knot to form a loop.



Step 3B



Step 3C



Step 4: Once a loop is in place, use a Snap hook to join it.



Step 5: Now measure the distance from where you sit on the bar stool to the chin up bar towering above. This measurement will tell you how much chain or rope you will have to purchase. (We use a 5-foot chain). Then attach one end of the chain to the chin up bar with a snap hook as a link. Then join the other end of the chain to the snap hook located below your knee.



Step 6A: With a snap hook already attached to the rope loop, begin to join it with a long chain. *FYI: At this point, if you're confused, please view the videos from your Secure Log-in page.*



Step 6B



Step 6C. If the chain is longer than desired, then disregard the remaining length.



Step 7A: The next step is to elevate both legs with long chains attached. You'll have to suspend the upper part of the limbs in the air vertically (acts as counterforce to gravity).



Step 7B



Step 7C: Your legs should be suspended in the air during your entire bone stretching session. Take care to ensure that both legs are hanging at the same height. Later on, your friend will use a lever hoist to apply enormous tension above the ankles in a downward direction.



Step 7: Side view

Attaching Husky HangAlls straps above your ankles



Step 1: Wrap several layers of foam around and above the ankle.



Step 2A: Add several layers of foam around your shin. Then attach three (3) Husky HangAlls straps on top of the foam layers and carefully position the Husky straps' hooks facing forward.



Step 2B



Step 3A: You'll need a rope or chain which is about **2 to 5 feet** in length. Slide the rope in between the Husky's hooks of the left leg and connect to the hooks of the right leg by forming a knot.



Step 3B



Step 3C



Step 3D



Step 3E: Once the knot is tied, what you'll have is a loop.



Step 4: With your index and middle finger, press down the rope loop in the middle to carefully judge the length. If the rope is shorter than expected, you wouldn't be able to attach the lever hoist's snap hook.



Step 5: Ask a friend to join the snap hook of the lever hoist to the rope. For stability and strength, the rope should be long enough to go under the metal bar.



Finished

Technique Correction pt 1



Wrong technique

Above the legs are not elevated correctly. Its high elevation will lead to discomfort and imbalance.



Correct technique

Here, the technique is correct as the upper parts of your legs are slightly elevated -- just enough to act as counterforce to gravity.



Correct technique: Another example



Correct technique: Another view

Technique Correction pt 2



Wrong technique: Here, the lever hoist's snap hook goes under the metal bar and over the nylon rope. Doing so may affect the balance and stability of the chin up station.



Wrong technique: Another view



Correct technique: Here, the lever hoist's snap hook and nylon rope are joined below the metal bar allowing room for tension to build while keeping the chin up station secure and balanced.



Correct technique: Side view

Special notes



Note #1A: If you have a large-size chin up station, you need to suspend the upper part of your limbs in the air by attaching a long chain over the chin up bar.



Note #1B: If you have a small-size chin up station, you can suspend your limbs by using a shorter chain or rope.

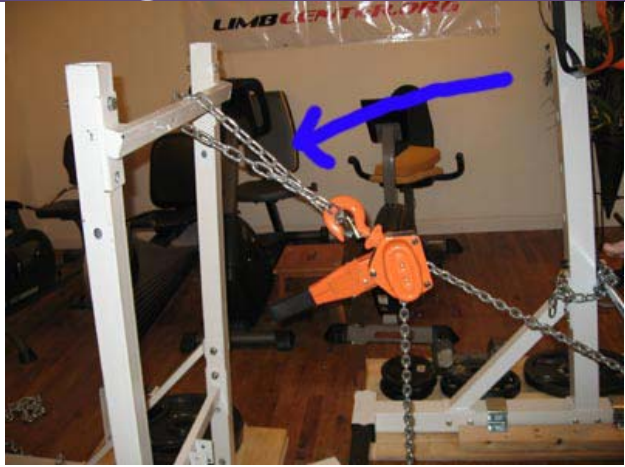


Note #2: For better balance and support, you may place another metal bar or piece of wood across the chin up station at your body level to rest the arms. Also, it's a good idea to place a stool nearby where magazines or books are readily retrievable.

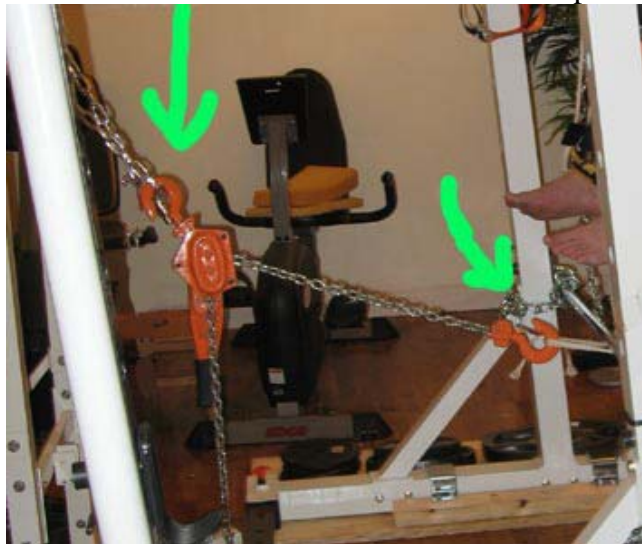
Version 2011 Bone Stretching with Lever Hoist



Step 1: Use a short chain about 2 to 3 feet in length



Step 2: Grab a chain to form a loop around the short chin up bar using a snap hook or quick link. Once a loop is formed, join it with the lever hoist's snap hook.



Step 3: A lever hoist is built in with 2 snap hooks: One hook is anchored to a metal loop and the other pulls your legs through a rope loop.



When your friend starts turning the handle of the lever hoist, you'll experience more tension with each turn.



Front view



Another view



Side view

Additional instructions & information:

- For info on **operating the lever hoist** or **arranging the chin up station**, please view the **videos** from our Secure Log-in webpage.
- For much **more details and instructions** on Shin Version 2011, please review the **“FAQs” report** which is available for download from our Secure webpage.

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Limitation of liability: The contents on our website, reports, documents, and routines are not intended to be a substitute for professional medical advice, treatment, or diagnosis. Our height techniques are not right for everyone, including those with a history of severe limb injuries, orthopedic problems, leg length differences, deformities, limb disfigurements, severe-stage heart failure/diabetes/kidney failure/gout, arthritic knees, deep vein thrombosis, blood clots, leg swelling and fluid retention. LimbCenter’s program is intended for use by healthy adults 18 years of age or older.

By using our product/service, you agree to assume all the risks associated with the use of such product/service and to indemnify and hold sellers harmless from all such claims. Stretching solid bones, including experimental and theoretical techniques, may involve risks of minor or serious physical injury (including abrasions, bruises, bleeding, bone fractures, injured cartilage/tissues/tendons, or organ damage), disproportional growth, emotional or psychological injury, death, or property damage. You are solely responsible for any medical, health or personal injury costs relating to participation in the LimbCenter’s Self-help Option. As a precaution, you are encouraged to have a medical examination and purchase health insurance prior to any and all participation in the LimbCenter program.

LimbCenter.org is not responsible for any injuries, actions taking or causes. In no event shall Sky, his affiliates, partners, researchers, experimenters, employees, clients, site promoters and representatives or anyone in conjunction with LimbCenter.org or EasyHeight.com will be held liable for any delays, inaccuracies, experiments, errors or omissions with respect to the information or the transmission or delivery of all or any part thereof, for any damage arising there from or occasioned thereby, or for the results obtained from the use of the information. We reserve the right to modify, suspend, or discontinue our experiments, routines, and/or recommendations with or without notice at any time and without any liability to you.

Side effects: Since long-term side effects of the Shinbone routine are not well understood, any person following the information on this website does so entirely at his or her own risk. Start slow, listen to your body and legs, and follow our advice to avoid any unnecessary pain or discomfort of the legs, ankles, knees, calf muscles, etc. If you have any concerns regarding your medical conditions or disability, please consult your physician or health care professional before performing any new exercise or exercise techniques. Never disregard or ignore professional medical advice because of something you have read on this report!

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