

Pre Stretch Preparation

If we just jump straight in to the exercises we give you in this module it's very likely we will do more harm than good. We first need to spend a few weeks preparing the fascia for the work we are going to do on it.

The best way to do this is simple. *Drink lots of water.* I recommend 2.5 litres a day for women and 3 litres a day for men. That is on a normal day. If you are exercising this would increase.

I can hear you saying, "**Sam thats a lot of water!**"

And at this point it may seem so, but an easy way to ensure you are getting enough is simply to carry around with you at all times a 1 litre glass or metal water bottle (avoid plastic if you can) and take regular sips throughout the day.

Preferably drink filtered water as tap water can contain a lot of contaminants.

For extra points add some unflavoured electrolytes, if you don't want to spend the money on electrolytes a pinch of Himalayan Pink Salt or Celtic Sea Salt will also do. I always add electrolytes to my water to make up for the fact that much of our water is fairly low in minerals and taking them this way is an easy way to ensure our levels of these essential minerals remains topped up.

Add a generous pinch of the electrolytes to each litre of water. (*You can see the bottle and the electrolytes I use in the "**Sam Recommends**" section*)

You'll be surprised how easy it actually is when you do it this way. **And yes initially at least you'll be peeing...a lot!** This will diminish in time as your body gets more used to this intake.

Start today, as you want to do this for 4 weeks before you start doing the exercises. This will ensure the fascia is nicely lubricated and bouncy so when we start doing the stretches it will be pliable not brittle.

You want to combine this with a specific supplementation protocol which we'll talk about in the next lesson.