

# BONESMASHING GUIDE

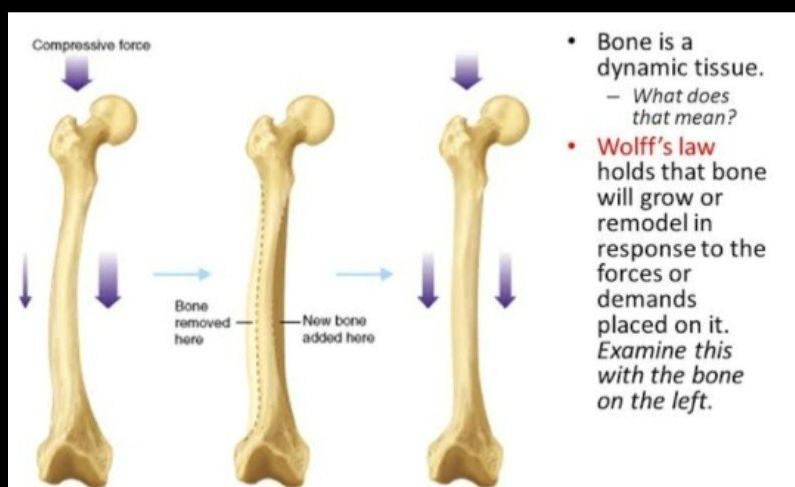
## **Bonesmashing(Wolff's law):-**

Bonesmashing is hitting your facial bones (For Example: chin) to induce bone hypertrophy. Bonesmashing is predicted on the principle of Wolff's law. Wolff's law states that bones will remodel by itself if they are put under stress.

## **Microtears:-**

Putting bone under stress causes microtears and it causes the bone to repair/remodel itself to be stronger and bigger than it was before.

## **Wolff's law:-**



resorbed bone is completely replaced. Bone remodeling serves to adjust bone architecture to meet changing mechanical needs and it helps to repair microdamages in bone matrix

## **Bone remodeling**

Dimitrios J Hadjidakis et al. Ann N Y Acad Sci.  
2006 Dec.

## Environmental factors:-

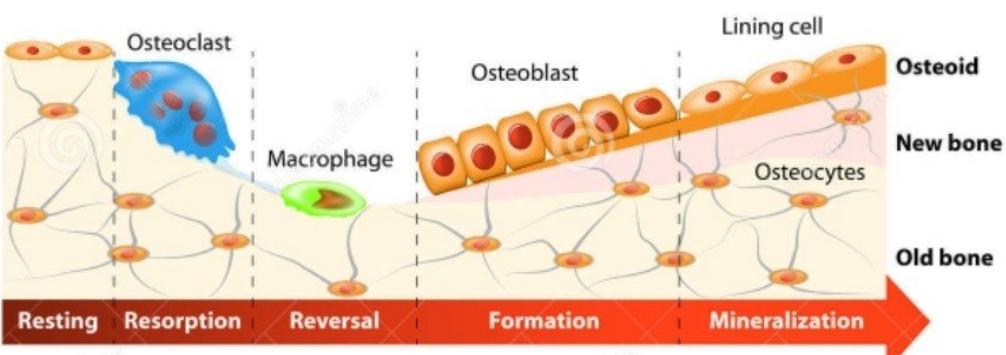
It's commonly believed that our appearance is all due to our genetics. But that's actually not the case.

In case of our bone, many external and environmental factors such as physical activity, sex and growth hormones, nutrition, etc plays a huge role in determining bone health/mass/remodeling.

remodeling is both systemic and local. The major systemic regulators include parathyroid hormone (PTH), calcitriol, and other hormones such as growth hormone, glucocorticoids, thyroid hormones, and sex hormones. Factors

systemic hormones and local factors. In addition to the systemic calcium-regulating hormones, parathyroid hormone, 1,25-dihydroxy vitamin D and calcitonin, sex hormones play an important role. Estrogen has been identified as

### The bone remodelling process



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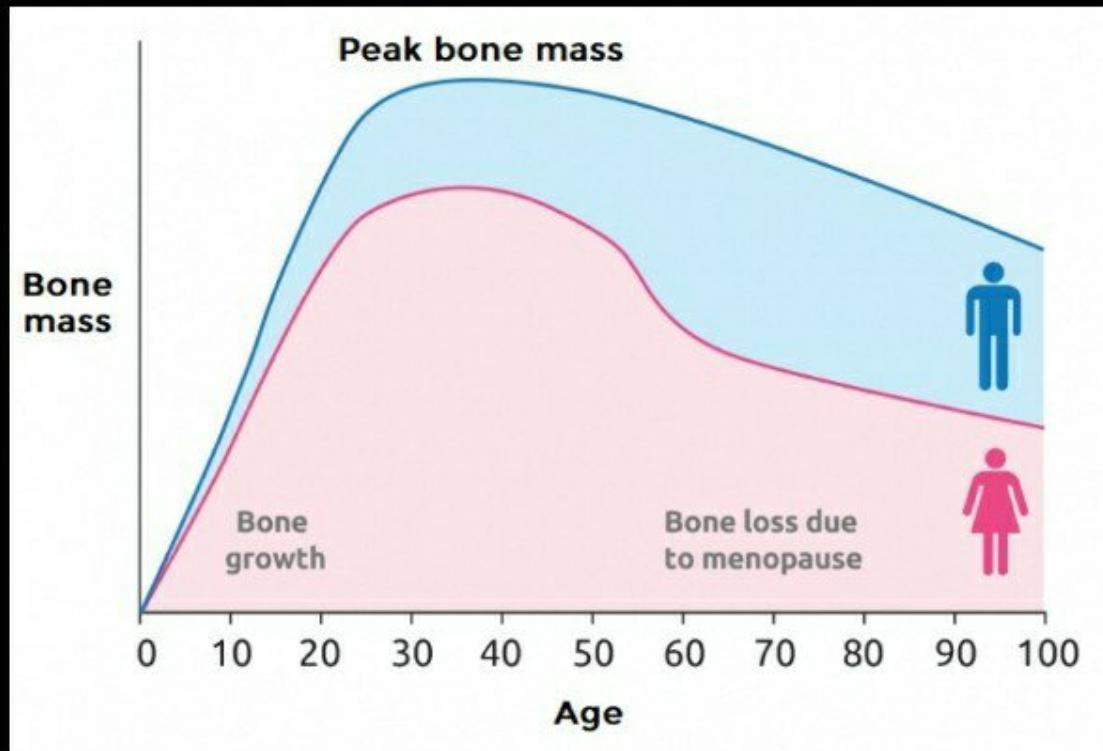
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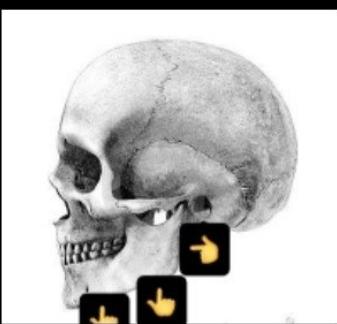
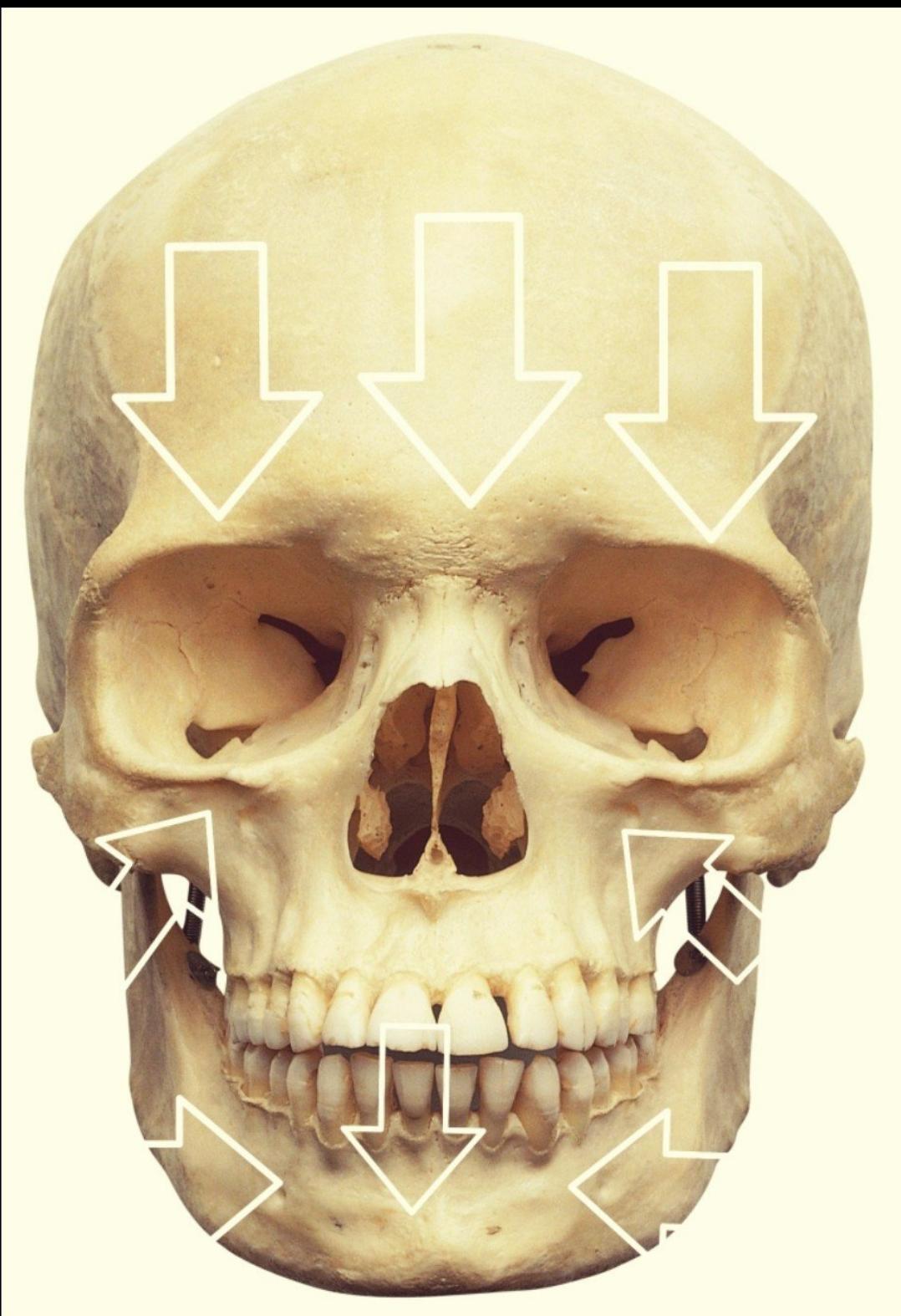
But unfortunately not only our bonesmas but also our essential hormones (For Example:- Testosterone) declines with age. (It's how nature work)



CHIN	CHEEKBONES	MANDIBLE/RAMUS
BEGINNER(0 to 4 WEEKS) Monday:Morning/afterbed Hit 30 to 45 min with low intensity.  Night: Hit 30 to 45 min with low intensity.	BEGINNER(0 to 4)WEEKS Monday:Morning: Hit 15 to 30 min with low intensity.  Night: Hit 15 to 30 min with low intensity.	BEGINNER(0 to 4)WEEKS Monday:Night:50 Hits with low intensity. Perform: 3 sets with 1 min rest in between.
Tuesday: : afterbed Hit 30 to 45 min with low intensity.  Night: Hit 30 to 45 min with low intensity.	Tuesday: Night: Hit 15 to 30 min with low intensity.  Wednesday: Night: Hit 15 to 30 min with low intensity.	Tuesday: (Morning&Night ) Hit 30 to 45 min with low intensity.
Wednesday & Thursday: Rest.	Thursday: Night: Hit 15 to 30 min with low intensity.	Wednesday&Thursday: Rest.
Friday: (Morning&Night) 150 Hits with low intensity. Perform: 2 sets with 3 min rest in between.	Friday: Night: Hit 15 to 30 min with low intensity.  Saturday: Night: Hit 15 to 30 min with low intensity.	Friday: Night:50 Hits with low intensity. Perform: 3 sets with 1 min rest in between.
Saturday & Sunday: Rest.	Sunday: Rest	Saturday: (Morning&Night ) Hit 30 to 45 min with low intensity.
		Sunday: Rest

## How to bonesmash?

Areas to hit:-



# **Routine that you must follow consistently to cause Bone Hypertrophy:-**

## **Beginner:-**

CHIN	CHEEKBONES	MANDIBLE/RAMUS
BEGINNER(0 to 4 WEEKS) Monday-Morning/Afterbed Hit 30 to 45 min with low intensity. Night: Hit 30 to 45 min with low intensity.	BEGINNER(0 to 4 WEEKS) Monday-Morning: Hit 15 to 30 min with low intensity. Night: Hit 15 to 30 min with low intensity.	BEGINNER(0 to 4 WEEKS) Monday-Night: 50 hits with low intensity. Perform: 3 sets with 1 min rest in between.
Tuesday : afterbed Hit 30 to 45 min with low intensity. Night: Hit 30 to 45 min with low intensity.	Tuesday: Night: Hit 15 to 30 min with low intensity.	Tuesday: (Morning&Night ) Hit 30 to 45 min with low intensity.
Wednesday & Thursday: Rest.	Wednesday: Night: Hit 15 to 30 min with low intensity.	Wednesday&Thursday: Rest.
Friday: (Morning&Night) 150 Hits with low intensity. Perform: 2 sets with 3 min rest in between.	Thursday: Night: Hit 15 to 30 min with low intensity.	Friday: Night: 50 hits with low intensity. Perform: 3 sets with 1 min rest in between.
Saturday & Sunday: Rest.	Saturday: Night: Hit 15 to 30 min with low intensity.	Saturday: (Morning&Night ) Hit 30 to 45 min with low intensity.
	Sunday: Rest	Sunday: Rest

**IF YOU CAN'T READ THE ROUTINE,  
THERE WILL BE AN ADDITIONAL  
ROUTINE IN ANOTHER FILE.**

## **Experienced:-**

**(After 4 two 6 weeks)**

Same routine with medium Intensity.

## **How to hit:-**

MANDIBLE/RAMUS	CHIN	CHEEKBONES
1) Very high chances of causing assymmetry. So hit very carefully. 2) Hit on sides if you lack a wide mandible. 3) Hit on bottom if you lack a strong lower third. 4) Be carefull during hitting ramus. This bone may cause pain during hitting. Make sure to warm up with light hits to reduce pain.	1) Hit the bottom if you lack tall lamer third. 2) Hit on sides if you want a wider chin 3) Hit on front if you lack chin projection. 4) Make sure you hit carefully and equally to prevent assymmetry	1) Don't hit too hard because this bone may have chances of getting damage. (Although this is my experience and may be your cheekbones are much stronger than mine.)

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## Tips:

- **Bite a towel when smashing mandible.**
- **Apply a moisturizer or a paraben free lubricant before smashing to prevent dryness.**
- **Skin care is a must and compulsory if you have skin problems like(Acne, Hyperpigmentation, etc)**

**Don't forget to check out my free skin care guide.**

- **Moderate swelling and pain is completely normal.**
- **If bleeding then chances are that you are hitting too hard.**
- **Hitting like a madman can cause Damage and fracture.**
- **More is not always better. Follow the routine precisely to see results.**

## How to cause Hypertrophy of Eye area:

Putting bones under stress causes microtears and it causes the bone to repair itself to be thicker and stronger than it was before it was put under stress.

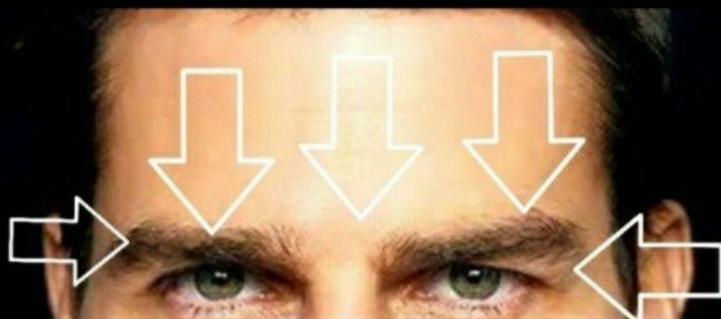
For this to happen we need

- Hammer
- Vaseline/ petroleum jelly

Step 1: Apply vaseline to prevent dryness of skin from bone smashing.

Step 2: Hit the areas mentioned down.

The areas you will hit to cause hypertrophy are marked in the following picture.



We are aiming to hit the supraorbital, brow ridge. This will change the shape of your orbitals and cause anterior growth.

Note:







Pro:

10+ week

Hit with medium Intensity

Monday

- Hit 250 times
- Rest 30sec
- repeat 1 times

Tuesday

- Hit 250 times
- Rest 30 sec
- Repeat 2 times

Wednesday

- Rest day

Thursday

- Hit 250 times
- Rest 30 sec
- Repeat 2 times

Friday

- Hit 250 times
- Rest 30 sec
- Repeat 2 times

Saturday

- Rest day

Sunday

- Hit 1000 times
- Don't repeat hit at once

This is my personal experimental method to influence bone hypertrophy in a time span of 1 year

I can guarantee you can see results within 4 to 8 week.

## Nutrition and Recovery

A high quality nutrition in your diet is a must not only to see faster results but also for overall health.

Your diet should consist of healthy, high quality fats, protein and fats.

Carbs: Oats, Buckwheat, Bananas, Oranges, Blueberries, Sweet potatoes, etc.

Proteins: Fish, whey, Meat, Eggs, etc.

Fats: Fatty fish, Avocado, olive oil, Nuts, etc.

Essentials supplements that you should follow to influence faster bone hypertrophy:-

NUTRIENTS	RECOMMEND DOSAGE
CALCIUM	1300mg
MAGNESIUM	420 TO 500 mg
VITAMIN D	UPTO 100 mcg
VITAMIN K	120 mcg
OMEGA-3	250 TO 500 (even greater) mg

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## Optional: MK 677( FOR FASTER RESULTS)

### Recovery

- Upto 7 to 10 hours of sleep.
- Take melatonin supplements for better sleep.
- Don't consume caffeine late in the day.
- Make a regular sleep schedule.

Bonesmashing results:

The results aren't mine

Credit: @el ghst on YouTube



**Results(Bone remodeling)**



**Notice:**

Our sex hormones also influence our bone.  
If you are fat you may have low testosterone.  
Losing fat not only has a positive effect on  
your health but also on your results. Studies  
show if you are overweight you testosterone  
decreases.

Check out my Testosterone boosting video  
on YouTube or Instagram.

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