

















WIREFRAME REPRESENTATIONS:

<div>As_Tall_As_Giraffe</div> <div></div> <div>As_Tall_As_Giraffe</div>	<div>As_Tall_As_Giraffe</div> <div><div>Bar hanging</div></div> <div><div>Cobra stretch</div></div> <div><div>Calf stretch</div></div> <div>As_Tall_As_Giraffe</div>	<div>As_Tall_As_Giraffe</div> <div><div>Tree pose</div></div> <div><div>Forward spine stretch</div></div> <div><div>Cycling stretch</div></div> <div>As_Tall_As_Giraffe</div>
<div>As_Tall_As_Giraffe</div> <div><div>Forward bend</div></div> <div><div>Wall stretch</div></div> <div><div>Locust pose</div></div> <div>As_Tall_As_Giraffe</div>	<div>As_Tall_As_Giraffe</div> <div><div>Swimming</div></div> <div><div>Rope Skipping</div></div> <div><div>Side planks</div></div> <div>As_Tall_As_Giraffe</div>	<div>As_Tall_As_Giraffe</div> <div><div>Camel pose</div></div> <div><div>Pilates roll over</div></div> <div><div>Jump squates</div></div> <div>As_Tall_As_Giraffe</div>

#### As\_Tall\_As\_Giraffe



##### BAR HANGING:

- > Muscles will be stretched out by hanging with the assistance of your hands.
- > Maintain a straight spine and arms.
- > Hold the posture for 30 seconds.

#### As\_Tall\_As\_Giraffe



##### CALF STRETCH:

- > By performing the Calf Stretch, you may lengthen your calf and back muscles,
- > Strengthen your back and core muscles, and gain height.
- > Stretch as much as you can while resting against the wall with both arms at the wall and pushing your left leg backwards.

#### As\_Tall\_As\_Giraffe



##### COBRA STRETCH:

- > This exercise is excellent for extending your abdominal and is one of the finest stretches for taller people.
- > Extend your arms and lift your head toward the ceiling, arching your back as much as you can.
- > For 30 seconds, maintain this posture while releasing.

#### As\_Tall\_As\_Giraffe



##### TREE POSE:

- > This exercise strengthens your back and core muscles,
- > Enhances posture and balance, and lengthens your spine to give you more height.
- > While standing on your left foot, connect your palms together and raise both arms over your head without bending your elbows.

#### As\_Tall\_As\_Giraffe



#### FORWARD SPINE STRETCH:

- > This workout aims to strengthen the back, hamstrings, and abs.
- > From the base of your spine, sit as tall as you can.
- > To use your leg muscles, extend your arms and grasp through your heels.

#### As\_Tall\_As\_Giraffe



#### FORWARD BEND:

- > Stretching your legs while sitting on the ground and bending forward to attempt to grab your toes with your hands.
- > Maintaining a straight spine, attempt to lay your head on your knees now.

#### As\_Tall\_As\_Giraffe



#### CYCLING:

- > The ideal workout for adolescents to extend their legs and gain a few inches on their bodies is cycling.

#### As\_Tall\_As\_Giraffe



#### WALL STRETCH:

- > Stretching against a wall can increase flexibility.
- > Hold on for 20–30 seconds with each stretch.
- > Complete a total of two to three sets.
- > Spend a little more time there or do an additional set if it's really constricting.

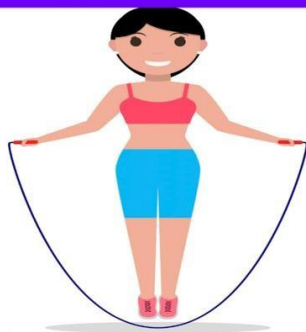
#### As\_Tall\_As\_Giraffe



#### LOCUST POSE:

--> This exercise strengthens your back while stretching your back muscles and improving spinal mobility.  
--> Exhale while stretching your lower back, bringing your navel in toward your spinal curve, and softly pressing your pubic bone into the floor.

#### As\_Tall\_As\_Giraffe



#### ROPE SKIPPING:

--> One of those things is jumping.  
--> The more times you leap, the more likely it is that your legs will get longer.  
--> Make sure both of your legs leave the ground simultaneously and land on it simultaneously as you leap.

#### As\_Tall\_As\_Giraffe



#### SWIMMING:

--> Swimming is a height-increasing workout that allows you to fully utilise your legs, body, and arms while also building muscular strength.

#### As\_Tall\_As\_Giraffe



#### SIDE PLANKS:

--> Your legs will get a decent stretch with side planks, which will help them become thinner and taller.  
--> Lay on your right side with your shoulder level with your neck.  
--> Your left hand should be on your left hip as you extend your legs straight.

#### As\_Tall\_As\_Giraffe



#### CAMEL POSE:

--> One of the best workouts for quickly becoming taller is the camel pose.  
--> Stretching your chest and belly while bending your neck backwards is the goal of this posture.  
--> The stance is excellent for improving posture, strengthening back muscles, and stretching the deep hip flexors.

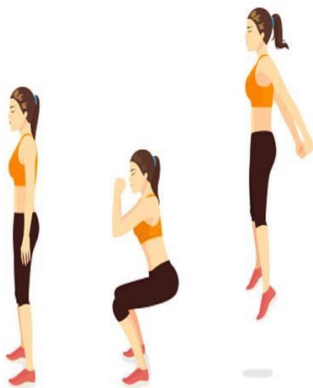
#### As\_Tall\_As\_Giraffe



#### PILATES ROLL OVER:

--> This is one of the finest workouts for height gain since it works ligaments, muscles, and bones.  
--> The rollover exercise in pilates is ideal for people of all ages and is much more beneficial than the regular version of this exercise since it stretches out your spine.  
--> Stretch your legs behind you and up until they are parallel to the ground.

#### As\_Tall\_As\_Giraffe



#### JUMP SQUATS:

--> The greatest workouts for height gain involve jumping, such as jump squats.  
--> It helps to increase body height and promotes the conditioning of the lower body's muscles and joints.