

# Free technique to increase height

This is a technique that can be used to lengthen your Tibia (shinbone).

It has been done by my friend John (@its\_all\_connected on instagram, he has incredibly good info on health) and he grew around half an inch to an inch in his shinbones using this technique.

## So what exactly did John do to gain height in his shinbone?

Quoting my friend John:

“Once or twice a week - following lower body work (like pistol squats) - I would go about weighted calf raises barefoot. I used my 32kg (70lb) kettlebell for the weight initially.

I started with four sets of five (4 X 5) and added a couple reps every week to each set (4 X 7, 4 X 10, etc.), ultimately building up to 4 X 20. I rested for a minute in between sets - a minute is my personal preference for rest between sets.

Once I hit 4 X 20 with 70lbs, I added a pound or two onto the kettlebell by strapping 1-2lb hand weights to it. I added at least 1lb if not 2lbs to the kettlebell every week.”

## The other exercise John used:

“Two minutes after working calves, I then worked shins with an exercise I refer to as “shin-ups”. Standing with feet flat on the floor and shoulder width apart, I would lift the front of my feet off the floor rolling back onto my heels. Balancing on only my heels for a split second before going back to the flat footed position and repeating.

Fair warning: It takes a good bit of balance to do this without hanging on to something. And yes, I do this exercise barefooted. Start with 10-20 reps, build up to at least 100 - adding 2-5 reps or so every week. You can do multiple sets of this if you choose.

NOTE: The idea behind shin-ups is simply to work the *tibialis anterior* (shin muscle) so as to counter all of the calf raises. This will ultimately reduce the chance of the achilles tendon becoming too tight.”

## **Results:**

“I kept up with everything mentioned for about 6 months. I noticed over the last half of those months that everyone I knew seemed to be shrinking. My mom even noted I was taller. I’m 21 years old and a late bloomer, so I still believe a growth spurt is very much a possibility. However, that recent “growth spurt” was quite coordinated with the start of my calf training - I don’t believe in coincidences. And I wasn’t one to consistently train calves before all of this.

I was 5’10”, I haven’t checked my height recently, but I know for a fact I’m taller than 5’10” at this point. At my height, I never worry about it. I know someone will always be taller, but I don’t feel short. So everything height-wise I’m presenting I have stumbled upon and never specifically sought out.”

## **Closeoff**

This was the story of John Sparrow (@its\_all\_connected\_official), but there are many more anecdotal stories of people growing taller by using these kinds of techniques.

Make sure you always keep believing in your dream to grow taller!

And if you are really dedicated to it and want more height, you should check out [The Skyscraper method](#) to grow 2-4 inches a year AFTER puberty.

Cheers guys!