



*How To Program
Your Body To Give
Off The
Unconscious
Signals Of The
Naturally
Attractive Man*

The Code Of The Natural

*“Make Yourself A Magnet To Women
Without Even Thinking About It...”*

Rob Brinded

Introduction

Its taken me many years to work on and create my own system of training. In fact I think I will be forever trying to improve it, as science uncovers new and fascinating things about our behavior and how our bodies work.

This book is a condensed powerful version of all my best techniques. I want you to use this book as a reference tool. Please do not read it once, watch the videos and then never look at it again. The best way to use it, is to read and find all of the parts that you like and note all of the ideas, exercises, and techniques that you would like to work on and improve.

Then take those sections and either write them down or print them so you can review them and practice.

The results you will see will come quick, I have no doubt about that. However you will need to allow your body time to adapt and understand the new nerve impulses you are entering into your bodies control systems. If you push too hard and are impatient the body will find a way to push back, and we want to see only improvement.

So take this book and videos and use it as a workbook. Come back to it often. Reread and watch the exercises that you want to learn and integrate. And most importantly, **DON'T STOP READING and practicing UNTIL YOU'RE DOING IT.**

Many people make the mistake of reading this book and then saying, “I know that stuff” before they’ve mastered the information through their experience. Don’t make this mistake yourself. Keep reading and practicing and using it until you HAVE IT DOWN. This way you will have huge success with changing your movement and posture which will run into all areas of your life...not just success with women.

I would appreciate all your comments and questions about the book and videos, E-mail me your ideas, comments, and complaints. I want to know what you think.

**Please speak to your medical adviser
before starting any exercise regime.**

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Chapter 1: The Code

Unlocking the Code

That first Aha moment I had when I realized one of the secrets, ‘naturals’ were using, I kept it to myself for about 3 months. I think I was worried that I would be proved wrong and that my main theory was floored. I was standing in a bar surrounded by what are known in the game as naturals...Big John, Cool Darryl and Smooth Tony, when it struck me all of a sudden. They were just laughing about another joke Big John had cracked when I realized what they all had in common...their bodies were super relaxed.

That might not sound super explosive as an idea but it's a special kind of relaxed so bare with me. This was all the more obvious when I looked around the bar and noticed that all the other guys in there were not showing this lack of tension.... Ranging from muscular with a bit of tension to damn right uptight.

I felt inside my own body and felt some tension but nowhere near as much as I had 1 year ago when I had changed the way I trained my body. I now stood tall, although I'm only 5'9, against the bar, with the other guys gathered around me. They called me the player(I'm chuckling as I write this) because they think I'm the ultimate ladies man.

This deep down doesn't sit easy as I was hopeless with women all my life until 1 year ago. When I say hopeless that's a bit harsh. I just seemed to go from

one long-term girlfriend to the next. I would chose the girl or she would chose me that was available. I would see real beautiful women but would never approach them, hoping they would approach me, and of course they didn't. I had low self esteem and really bad posture. So I went out with girls whom I came into contact with through work, who were my friends before hand.

This has now changed. I am starting to realize that I have built a new Rob and this is most apparent when I'm walking down the street or when I enter a bar. I no longer have to lift my head up and pull my shoulders back....feeling unnatural and stupid.

I now feel like I move like a lion...I can feel my shoulders swagger with good rotation and this in turn switches on my abdominal wall (I can now feel my abs working under my T-shirt whereas before I had always had a pooch belly) which in turn moves my hips like a chain reaction. I cannot tell you how many women I catch looking at my groin now. They know on a subconscious level that my body is that of a warrior/protector and that I am sexual.

The first time I noticed I was giving off something different to women was when I was walking in a local market. A beautiful Brazilian girl walked past me and smiled. I thought that she must know me as I had never seen a girl that beautiful give me a look like that. I smiled back and then it hit me, she was interested in me. My face went red and I looked back and so did she. I totally lost my cool and melted right there and then.

This was a turning point for me in my life. I became aware that I was attractive to hot women and I realized it was coming from my body. The way I train my body had actually changed the signals I was giving off to everyone around me. I laugh now at this experience but it was important in the fact that I changed first my body which then led to me changing my inner beliefs about myself.

Back in the bar, as if on cue that I need corroboration for my theory of naturals being super relaxed, one of our friends walks past trying to look super cool in the bar exaggerating a cool walk and kind of saluting us.

I scan his body as I have taught myself to do over more than 12 years in training elite athletes and it is now obvious his body language is not congruent with his body. He is tense and has poor posture, similar to a beetle or praying mantis. He is hunched over and jerky and restricted in all his movements, and we all feel awkward, probably just like the woman he approaches, until he goes and sits down. I ask what they think about him, the comments range from “Try hard” to “don’t know he’s just a bit of a dick”.

The try hard comment was interesting and ties in with one of my other theories. It doesn’t matter how hard you try with pick up lines, body language tricks and conscious posture changes like lifting your chest up, your movement will always give you away.

Movement is not a choice.

What I am going to talk about in this book is unique and the main problem that I have with helping guys is making them realize that this is a huge problem but that no one is aware of it. By the end of this book you will understand why ‘Naturals’ are so successful, and know that you now have a stealth weapon in your game. You will also start to see it when you look at the people around you and will open up a whole new perspective on the world.

The Hamstring/Neck link Trick

Over 20 years ago, a physical therapist in Michigan wrote an article entitled “are your hamstrings giving you a headache”. I don’t think many people took much notice of it back then and it’s still the case today even amongst so called medical experts in training and conditioning.

Fortunately I have been studying with this wonderful guy for a few years and have become a fellow of applied functional science under him. A guy you probably know also realized how good Gary Gray was, as Michael Jordan of the Chicago Bulls would fly into see him whenever he needed his body fixing.

What’s this got to do with Naturals I hear you mumbling...well I’m going to give you a cool trick, that he taught me, right this minute, that will change your body immediately and free your neck up so much that it will improve your posture and walk for your night out tonight.

You will understand how important posture and tension release are as you progress into the book. I just wanted you to feel the difference one small part of your body can do to the rest of your body. This eBook is packed full of these powerful tips that can be done anywhere. Just this one can have a massive impact to the vibe you give off to women. I wouldn't do them in the bar though that's just uncool 😊

Hamstring Video

Naturals Have No tension

So why don't Naturals have tension in their body? I think there are many possible reasons, which I will go into in this program, but in my experience one of the main ones is that they don't have many negative belief systems causing them to doubt themselves. They are not constantly micro-managing their filters for possible dangers to their ego. Look at a lion in the wild and how relaxed and natural he is then compare that to a lion kept in a circus or zoo where he suffering from trauma. He will be uptight and nervous.

Okay, we are not all traumatized like that, but on a micro level, in today's society, many of us have had troubled upbringings. My Mum brought my brother, sister and myself, up on her own and I remember being a really nervous kid and I have had to really look at my past to understand where I am today. My posture always reflected that of a shy, nervous type and I wouldn't like to hold my head up when walking on the street and later in bars.

In the wild, animals have a mechanism for releasing stress when they suffer a shock. Have you ever seen an antelope being chased by a cheetah and managing to escape. Once it is safe it will shake off that excess stress by shivering. Then it goes back to grazing as though nothing had ever happened.

I believe most Naturals have somehow been raised where they don't question themselves to death and get on their own backs or they have learnt not to take it on board. Or they just store this stress somewhere else, say in their stomachs. The result is a super relaxed body in FLOW.

I will mention Flow a few times when explaining 'naturals' bodies. What I mean by this is that their joints and muscles move effortlessly through all 3 planes of movement. There are no restrictions and the muscle tone stays tension free as the body is not working against anything. I suppose this is similar to athletes when they are in the zone...they are not thinking about anything, just allowing their bodies to perform naturally.

What is important is that I am going to show you a system that will get your body working like a naturals. To function how you were born to function. To iron out all the injuries, clear your bad posture from too much sitting, computers, lack of exercise, emotional problems etc.. that cause tension to build up and be stored.

Why is this important... because women scan you for this stuff and the more tension and insecurity they read in your body the more they are put off you.

Mimicking and Scanning

So women scan you like in the film 'Species' where Natasha Henstridge goes clubbing , she is looking for a mate and gets taken back to this guys house. Unfortunately for him, as she scans this poor bloke, she discovers that he has a high probability of diabetes...so she spikes him in the head. Fortunately this doesn't happen to us when we approach women... but it sure does feel like it when you get rejected.

Women are REAL good at working you out...and it takes them only a split second. Research on six month old babies has shown that baby girls can already differentiate 60 different facial expressions of the mother. Yep you guessed it, we are rubbish at it, but if you put a mobile phone in front of us we, track it like a pro. This goes back to our ability to track prey when we are hunting, but looking at faces is confrontational.

Let me just explain that a little better, women are way, WAY better than us at reading micro signals that we give off. It's like me trying to play basketball in the NBA...we are totally out of our league in what we think is possible in reading the opposite sex. They call it women's intuition.



‘Why men die before women’

I remember in one relationship I had that was starting to go bad, I had met a girl and arranged for her to come over one night when my girlfriend was away.(not proud of this now). My girlfriend rang me upset the night before saying she was sorry but she felt sure that I was planning something with another girl. Wow, I stopped everything right there and then. My girlfriend had magical powers.

Why is this important to the ‘Natural’...

When women scan you, they also use another mechanism to understand what you're thinking and see whether it is congruent with what your body is saying. They literally copy your body and face and feel what you are feeling. Scary!

I don't mean that she just leans the way you lean and if you cross your leg she will follow suit. This stuff is everywhere on google when you search body language. If she is not copying your every move your in trouble or they say you should even try and copy her movements to build rapport. The latter is kind of creepy if you ask me. This should play out subconsciously.

What I'm talking about is far a far more sophisticated mechanism where the women will change her whole physiology to replicate that of the males in front of her. She will be able to actually feel what you are feeling.

I presume that this mechanism becomes impaired with alcohol so you can wait for it to become less affective, as the evening goes on, but personally I prefer women when they are more sober than wasted.

Now this is where it gets interesting for you. *When a woman is with a Natural she will mimic his body language and therefore relax.*

Magnetic relaxation

This is a very powerful relaxation though... almost magnetic. Otherwise the alcohol that women drink will be enough to relax them.

Research has shown that when women are induced into relaxation using music or hypnotic suggestion, they will find photos of men or the researchers themselves more attractive than before they were relaxed. So when a natural is talking to a woman she is almost spellbound into finding him more attractive. Remember that a Natural's body tone lacks restrictions and it's almost possible to press through to the bone... a bit like a cat's body. Women put themselves into the body of the natural and this causes endorphins and happy hormones to be released enabling this attraction process to happen. It will also show other qualities to women on a subconscious level but I will talk about those later in this book.

You are going to learn this total body relaxation so that when you are talking to women they will quite naturally find you more attractive. you are just simply being yourself and sparking sexual attraction without even thinking about it.

But it is not simply a question of asking your body to relax.

If you have restriction in your hip or a foot problem or even if you have a convergence issue with your eye...

these will all influence the way you move and cause dysfunction somewhere, if not in many places in the body. You cannot just say relax to the body and expect tension and dysfunction to disappear. You have to reprogram your movement so that the joints and muscles re-learn what they have forgotten from the way we were born.

Getting Laid by reprogramming her nervous system

That's a bit of a fancy title...reprogramming, but it's kind of true. If you are talking to a gorgeous girl at the bar or you are out on a date and you have tension in your body... what do you think that will do to her? Well in a lot of cases, the woman will mimic you and change her physiology so that she feels what you are thinking and feeling. Subsequently, this new tension from your body, that she has subconsciously adopted, will make you less attractive to her because she is less relaxed but there is also another mechanism that gets triggered... *the flight or fight reaction*.

If she picks up on the tension in your body and herself becomes tense this will activate her sympathetic nervous system to turn on. This is the part of your body that speeds up heart rate and takes the blood from your vital organs to your arms and legs to get the hell out of there because the body believes there is some kind of danger... an imaginary tiger coming up the tree. This is happening in the reptilian brain that deals with survival issues. It also deals with sustenance and sex but in that order and if the body feels threatened, sex is the last thing on the menu.

In other words if I am talking to a woman at a bar and I am nervous, she will mimic the tension in my face and body and start to feel uneasy herself. Her body will sense this tension and see this change in the physiology as there being some sort of potential threat. This in turn triggers her flight or fight system producing adrenalin to increase heart rate, in the possibility that she needs to escape. If she is in danger mode she is not going to be thinking about sleeping with you.

When a crocodile chick first leaves the egg, the order for her survival is

First...Safety

Second...Sustenance(food/water)

Third...Sex

If you are stressed with work(safety) it will affect your libido. Or you are dying of hunger, you not going to be looking for sex. Actually I know one soccer player who probably would, but he's just odd.

On the other hand if you are naturally relaxed you will activate her parasympathetic system which slows down the heart rate and is to do with regeneration and building. This is a great state to be in for your body to want to procreate.

So let's recap... naturals are creating relaxation in women's bodies, without even being aware that they are doing it.

1. This creates good feelings for her, opposite being tense

2. She finds him more attractive, scientifically proven

3. Activates the best nervous system for sex

There are many other reasons why my system helps you with women from right brain activation because the parasympathetic nervous system is dominant helping you tell stories and be funny, to showing you are an Alpha male in a club and that you own the place, because of your posture and relaxed vibe. When you are in your own home you are relaxed not uptight and this is what you want to give off when you are in a bar or club. The list goes on...

However I want to focus on the highest leverage concepts so that you fully understand why you need to be doing this system. This mind set change will also, subconsciously, start to change your body even before you start the exercises.

It's like when someone points out a special kind of architecture in your city you start seeing it everywhere.

Health & Fertility on display... the subconscious Trigger

The past ideas have mainly been looking at a Natural standing still and how that impacts on women. Now I will show you another part of my system...the animalistic movement pattern, that will trigger sexual attraction in women on an unconscious level. This is an area that not all naturals have under control. In a bar or club where everything takes place at close quarters, naturals don't have to worry too much about women scanning the way you walk.

Out in the open though or walking in front of a crowd, there is no hiding. Let me tell you a quick story about one famous athlete I know, who is blessed with being a natural. (most guys think that famous athletes are all naturals...false. When you put a lot of these guys in a country where nobody knows them they have no luck...). This famous athlete moves like a warrior man, you can just tell he is deeply comfortable with his body, his muscles are intelligent and he has no restrictions in his hips and spine.

I was relaxing after work in a hotel which had a cool lounge bar in it. I was sitting at a table watching the dynamics of the room when He walked in. This guy is not known in the country where this hotel was. As he walked through the mingling crowd, I watched women at the bar almost sense him move. I saw three beautiful women turn around, they could not see him unless they have eyes in the back of their heads, and very subtly show him they were interested. He did not

look at anyone of them. Reflecting back on this moment, it is almost like when a man moves in this raw animal way women pick up on this energetically like when you sense someone is looking at you and you look up at a window and see them staring at you.

Through my studies in alternative medicine, I believe there are many areas of energy and vibration studies that are still catching up with eastern philosophies. My belief is that we are all sort of tuning forks that attract similar types of people to the beliefs that we hold about ourselves and the world. In the case of this athlete, when he moved he gave off subconscious signals that he HAD IT, and women are magnetically drawn to it.

I believe they are not only picking up on his sexual presence but as a parallel to that, his health and fertility. Women unconsciously look for a good mate and when a man moves, she gets all the information on this within seconds. Lets explore this area more in the next chapter.

Chapter 2: Animalistic Sexual Movement

The Code Of The Lion

Picture the male lion in the wild...majestic when he walks, strong, powerful and totally relaxed. Looking at his muscles on his body they seem to ripple and are coordinated like a well oiled machine. They hold no tension as he swaggers along, but you know that if needed he could explode to life and defend his females.



Now imagine a lion with big, puffy muscles in the front of the body that don't seem to move when he moves. They appear stuck on and the lion doesn't really rotate when he moves. You look at the front legs

and they are out of proportion to the back legs that are skinny and weak. Something is not quite right with this picture. You might also have a lion that is tense and holding restrictions, when he moves there is asymmetry and he holds his head down. Sound familiar... that is what most guys look like when they have either tried to improve their physiques in a gym or they are getting by with what they have. How many lionesses will be drawn to these lions?

Lets break this down to understand more about how movement is vital to being sexually attractive

Intelligent Muscles

When the body moves there is an incredibly complex chain reaction combined with gravity, ground reaction forces and momentum. This is far more complex than any space ship and the amount of communication taking place between muscles, joints, ligaments, fascia and bones is extraordinary.

Understanding this chain reaction is what I Endeavour to do when asked to consult on an athlete. A famous current golfer who is struggling with an injury to his knee may get more success to look at his same side pectoral (chest) muscle than focusing on the actual knee itself. Everything works as one.... It is supremely intelligent.

Then you start doing isolated weight training and start changing this finely tuned machine or you wear shoes all your life that change the dynamics of your feet. You may sit at the computer all day which tightens the front of your hips and shuts down your abdominals and pulls your shoulders forward. Or you may have been brought up in a single parent family and are a nervous child so lack confidence and hold this in your posture.

The list goes on, but the point of this is that when you lose the intelligent movement that we are born with and start to walk with restrictions, stuck on muscles and asymmetries...women pick up on this on an unconscious level, as they scan for fertility and health and reject you before you have even had a chance to open your mouth.

Your muscles might need to be switched on

Through my studies in applied functional science and my experience of working with some of the best athletes in the world, I have discovered that we are simply made up of many elastic bands(muscles) and elastic bands need to be lengthened to fire. This is how we move. When your muscles lose this ability... their mobility, stability and strength, they begin to change length, becoming too tight or too long. If you have an elastic band that is long and floppy and stretch it, it will not respond and rebound well. Conversely when a band is really short and tight and you try to stretch it, it does not give... or worse, it snaps!

This is just like the muscles of the body. Take for example the abs. Most guys have weak abs that are long and protrude out... beer belly. When you walk they should lengthen and fire to help propel you forwards but when they are weak, they stop helping you move, and other parts of your body overwork to compensate.

But when your abs are working, which they will be at when you start this program, you will literally start to feel them like elastic bands, lengthening and contracting in a fluid motion and this shows women you are strong(a protector) and healthy(fertile).

Bodybuilding and Symmetry

I do believe it is great to see people going to the gym in our society today. With the lack of physical activity and poor lifestyles, it is essential to exercise for the health of the body. Women find guys attractive when they have low body fat and are muscular all signs of health and fertility.

However, it is what guys are doing in the gym that is the problem. Traditional weight training using isolated movements literally makes your muscles dumb. In the wild when you pick something up you don't keep your back straight, your body still and your elbows pinned to your sides... bicep curls that are religiously practiced in gyms the world over. What this does is it tells the body to stop talking to all the other larger, and smaller muscles, and the arms will eventually learn to move on their own.

This causes tension in the body(remember naturals don't hold it) and it also changes the way you walk and move around. You lose the sexual animalistic flow that women are so drawn to.

Symmetry is also a big player in attraction and if you have big biceps and no triceps or big arms and chests and 'Wednesday' legs...'when they going to snap and stick up your ass', women will pick up on this as incongruent on a subconscious level. That you are not actually that strong and sexual but they are stuck on, similar to pick up lines when your body is not following... you will be found out in the end. Research has also shown that bodybuilding muscle is proportionally weaker than athletic muscle compared to size.



Women orgasm over Body Symmetry

Behavioral ecologists had noted that female animals, from scorpion flies to barn swallows, prefer males with high degrees of bilateral body symmetry, called developmental stability in science talk.

Researchers recently reported in the journal *Animal Behavior* (Vol. 50, December). From data on sexual behavior provided by the women, those whose partners were ***most symmetrical enjoyed a significantly higher frequency of orgasms during sexual intercourse than did those with less symmetrical mates***. Even the data on sexual experience provided by the men showed the women had more orgasms with the most symmetrical men.

In this program, and in more depth in my DVD series, I will show you how to make your body more symmetrical so women find you irresistible(makes sense doesn't it).

My Story

I started training in a gym probably when I was 14 yrs old. I played a lot of sport and just liked going with my friends and trying to make my muscles bigger. In my late teens and 20s I had many injuries, I was a Triathlete and raced semi-professionally in France for 5 years but always had back problems and was always in pain. I think, even when I was doing Triathlon, I would be more attractive to women, that they would think

wow he's amazing I'm going to talk to him... but they never did.

From my back injuries and some dental work I had before I was full developed I had a bad posture. My head was always jutting forward, I had sloping and rounded shoulders and curved, scoliosis spine. I was still suffering pretty badly until about 3 years ago when I discovered my new system. Right at that time I had hurt my back again and it was so bad I lost all feeling in my right calf. From my knee down I was almost paralyzed.

Pretty messed up...shit if I knew what I know now, then, wow I would not only have been a Much better athlete but I would have got laid so much more. However, I believe I needed to go through everything I did with my body so that I could be really motivated to study and understand everything about the body. It has fortunately taught me empathy for clients who are in pain but no one seems to know the answer and believe they are making it up. This search for knowledge took me to many different countries to study with the best in the world. The best don't work in universities, they don't pay well enough. You have to find them in their own private practices and usually pay thousands of dollars to learn from them, which is what I did. Now I am condensing all that knowledge and my experience into my own system.

My body is now in the best shape of my life. My back is great, my abs are strong and tight and my leg is almost %100 after that serious injury. This system works and will make you into a natural if you work at it.

The Warrior Walk

Another huge attraction trigger for women is the warrior walk. When a man walks with the sexual flow of all his muscles working as one, intelligent and without tension it shows to a woman that you will be able to handle problems and you will be able to protect her. She's not actually thinking this consciously, this happens in a split second and she will register a potential mate. If you approach her, this will be congruent with the signals she has already picked up off a confident male. The game has almost been won before you open your mouth. Compare this to approaching without this sexual movement, she will be neutral or even defensive, if she has picked up on incongruent behavior. I believe she will need to test you more now with 'bitchyness' and shit tests to work you out.

Which one would you prefer.

Ape Movement

A big part of my system will be getting you to subtly rotate more when you move. Don't worry about this, you won't have to think about it. Leave that to my exercises which will reprogram your bodies nervous system. When apes walk upright their sacrum's are fixed and they walk with a side to side movement. As humans, we have evolved with some movement in the sacrum which allows our body to rotate much more

than apes. As people get unhealthier from too much bad food and being couch potatoes they actually lose this rotation too. They are actually devolving!!! This is why you see so many women, and men as well, are starting to suffer from stress incontinence.

When the hips and abdominal wall shut down, the pelvic floor muscles stop working. They need rotation to switch them on. In women you see the classic pinch bum where their butt looks like a heart shape instead of say a volleyball player who has a butt like a peach.

Why is this important to this book?

Well research has recently found that scientists were able to correctly guess with an 81% accuracy which women were vaginally orgasmic. This was done by measuring their pelvic rotation and stride length. In other words if a woman walks with full stride and good rotation, she had vaginal orgasms. Not having enough rotation caused the pelvic floor muscles to shut down and affect all the physiology in that area. If the scientists can see this with a little training I believe men have always possessed this ability and is why when men see a woman walking down the street and they wolf whistle her, they are picking up on her sexual health. Much like why belly dancers are so hypnotic to men, they are showing their child bearing ability.

Vaginal orgasm means greater chance of the mans sperm reaching the eggs.

I also believe women pick up the same sexual health triggers in men and the way the man walks and rotates the pelvis without tightness and restrictions portrays good mating potential.

Digestion

While we are on the subject, when our hips move with correct 3 dimensional ability your abdominal wall gets squeezed and mobilized along with all the organs inside it. When your abs are flat and working they help pump your digestive tract pushing out fecal matter and toxins from the body. If your abs don't work and your pelvis is restricted, say from too much computer, you will become constipated and harmful toxins will build up in your body. 90% of all diseases start in the colon!!!

This is why women find flat stomachs so sexy. It is not only to do with your ability to throw when hunting and fighting and how they help your hips thrust in sex, they reflect the inner state of your digestive system and health(fertility). This is one of the many things they scan for, and all in a few seconds.

Chapter 3: Posture

The Naturals Stance

Good Posture is really important in success with women. All the naturals I know stand with good relaxed poise. I was just speaking with John on the phone and I told him about symmetry and orgasms with women. He asked me if he was symmetrical as he had no idea about his body. He has never made a conscious effort to stand up straight it is just who he is...a natural. But for those of you like me, it isn't natural and when you hear that women have more orgasms with symmetrical men...symmetry and posture are very much linked... you want to know how to change it.

It's not a choice

Posture is under the influence of subconscious control systems of the body. I am not going into neuroscience in this eBook as its not important so lets just call it your bodies software. Much the same when your using the internet, you don't worry what software programs are running to bring the information and images, you just use it. This is just like your postural system, loads of information is being read by the body, situating and constantly regulating it's position in space.

This is subconscious and you don't have to think about it, so when someone tells you to stand up

straight, your conscious mind straightens you up but when you stop thinking about it, such as when something else enters your thoughts, you return to how your body prefers to hold itself.

On a side note, when this system becomes faulty which actually happens a hell of a lot, due to dentistry, knock to the head, too much sitting, bad shoes etc... your system starts to feed you false information and the net result is that you start to drop shoulders or tilt your head.



I studied this science in Paris with the worlds foremost expert, Bernard Bricot, and in the DVD series I will show you how to actually self diagnose this and correct it yourself.

Software Training versus Hardware

Many posture experts tell you to think about pulling your shoulders back and attaching an imaginary string to your string to your head. I have tried all of these and none worked. I think you now understand why... when you think about controlling something that is not controlled by your thoughts it doesn't work.

What you need to do is reprogram your bodies software, subconsciously to hold yourself in a more efficient position. This is because your body, right this second, is only doing what it thinks is the absolutely best for you. Maybe your abs are strong in a shortened position so this is how they hold you...with your chest down and shoulders rounded, lift your shoulders back and within a minute your body will be saying, hang on my abs are stronger in a shortened position.

So you need to strengthen in a more lengthened position then your body automatically chooses this posture.

Other experts will strengthen your shoulders by lying on the floor and squeezing your shoulders together. This causes abnormal shortening in the

muscles between the shoulder blades much like body building and creates TENSION.

Tension = opposite to naturals.

Change Your Posture, Change Your Vibe

Stand up and just for now think about standing tall, chest up and shoulders back. What does that do to your vibe, your mood?

Now, slouch down and drop your head forward... How does that make you feel?

Yes, you guessed it, the way you hold yourself affects your mood. Probably with most of you its your mood that affects your posture. If you've had a great day or just got a girls number, you will have better posture than if you've just been blown out by a hot women.

What is fantastic though with this system is that you will train yourself to naturally hold a better posture and therefore I believe it will actually make you a happier more confident person.

Like I have said many times women read the way you move and your posture within seconds and, if it's bad, your invisible to them. If it's good you are

portraying confidence which is a massive turn on to them, plus if you are now more symmetrical....they're going to be getting those signals, that they are not aware of, that they're going to be getting a whole bunch of orgasms thrown in. They're SOLD even before you speak!!! ... Part of why Naturals are so good.

If you do the routines at the end of the book, you will change your walk into a more sexual one and you will improve your posture and symmetry...guaranteed.

Chapter 4: Issues IN Your Tissues

Your Body is like a Book

Your physical body is simply a reflection of your internal environment.

What does that mean exactly?

If you eat poor quality junk food it will show up as spots on your skin. If you drink too much alcohol it will show as a beer belly and the mind also manifests itself in the body too. If you are shy you will have shoulders that hunch forward and you will keep your head down...almost like you don't want to be noticed. As you become more experienced with working with clients and asking the right questions you start to see more subtle issues showing up in the body.

Dark circles sometimes with yellowish tinge under the eyes means the liver is suffering and different restrictions in the body also seem to correlate with different mind-body issues. For example many therapists believe that restrictions in the hips have to do with sexual repression and guilt/shame around sex. This can be seen sometimes by guys with really big curves in their lower backs and a big tilt forward in their pelvis. This is almost showing that he is trying to pull his genitals away from the world. Much the same

as a dog, but the opposite direction, pulls his tail between his legs to hide his butt.

The hypnotist Aha moment

I have read many books on this subject and I believe that science will one day find out why this phenomena of the mind showing up in the body happens.

I never 100% believed it until I experienced it myself, which is usually the case... we need to see it to believe it.

I was working on my inner game and had decided to visit an experienced hypnotist to work on some deep rooted negative inner beliefs. This one session I did was around sex and an experience I had had when I was a child that I had interpreted in the wrong way... funny that most of us are interpreting the world around us based on beliefs we made when we were 4 yrs old.

So I worked through this and felt immediate relief. I thanked him and as I walked out of the clinic I realized my way of walking had changed. My right hip had totally freed up, it was always tight from what I believed was an old rugby injury. I walked down the street with a loose goose walk, my body not used to the extra room in my hip whilst walking. I realized that tension around past sexual issues had been stored or been trapped in my right hip and like pent up nerve energy, once released through hypnotic suggestion, it released and my body could function normally again.

How emotions become trapped

So when you experience inner game issues like lack of self esteem or your first girlfriend broke up with you, this emotional trauma gets trapped in the body. There are 3 ways for the emotion to go, when you cry through the mouth, when you evacuate fecal matter when you go to the toilet, or it gets trapped in the body. Most men are told it is wrong to cry so they lose an important mechanism for releasing pent up energy.

What has this got to do with women...*they can read your inner game baggage through your posture and movement.*

Zebras are like naturals

In the wild when a zebra gets attacked by a lion and manages to escape, once the zebra is out of danger you will see it start to shiver and shake. This is its mechanism for releasing excess energy in the body. 3 minutes later, the Zebras back grazing like nothing has happened. If you want to read more about this subject read “ Why Zebras Don’t Get Ulcers” by Robert M. Sapolsky. We, however have lost this ability, as we don’t have lions hunting us everyday we go out. However we do have the same mechanism, fight or flight, that is activated when we are in a traffic jam, we have too much work to do or we are approaching a how lady.

I think Naturals have bodies that reflect how they see the world. They are laid back, comfortable in their skins and are efficient at releasing pent up energy. Women pick up on the fact they are comfortable in whom they are and see them as confident, high self esteem, sexually free and able to manage stress well. Oppose this to a guy who has a tight body and poor posture, they will think the opposite.

Here's the great thing though. In this program you will learn mechanisms for releasing that tension so women scan you as laid back and healthy. Through my system of training the body you will also release trapped emotions from joints and muscles and through simple daily exercises, you will enable your body to relax and stay loose and in flow without tension and stress causing your body to tighten up.

Here's a quick 1 minute technique you can do to release tension stored in your fascia. Fascia is like a Spiderman suit found beneath the skin made up of tough connective tissue. If you took all your bones away this would hold your body shape together.

Fascia is believed to connect all the parts together via nerve impulses, this is one reason they believe reflexology works.

We will be using a tennis ball to release the fascia of the underside of the feet to relax your hamstrings and neck but also it will have a healing effect on your whole body. Do this before going out at night and it will immediately release held tension in the body by

releasing the posterior chain, which goes from your feet all the way up your back to the top of your head. Remember a relaxed head and neck will enable to talk in a relaxed manner and improve your posture. All things that are going to stack things in your favor when approaching and interacting with women.

[Tennis Ball video](#)

Chapter 5: Magnetic Mobility

3 Dimensional Flow

To be able to walk, move and stand like a natural you first need to have relaxed unrestricted flowing joints and muscles. This flow has one main very important concept to it... muscles and joints move in three planes of movement, forwards and backwards, side to side and rotationally. When you see most athletes or the guy in the gym or the jogger by the beach, when they stretch they always stretch the muscles in one plane.

This is why flexibility has been given a bad name and that most of the time, it doesn't work, because people are simply not looking at how our bodies function. Say I'm going jogging and I do a thigh stretch where I pull my foot up to my butt, then I go jogging and my leg is now moving through three planes, do you think that the stretch will help? Of course not and it will probably mess up the muscles ability to work properly because you have only stretched a third of it's capability.

So in this chapter, I will you show you with videos, exactly how to loosen and free up the different areas of your body for quick results. I have chosen the simplest and most effective ones to get you started immediately feeling what's it like to move like a natural.



This is me working at home on my hips. I am stretching the front part of my left hip with my hands driving the stretch in the sagittal plane...the straight ahead one and the transverse plane...rotation.

Please always go gentle on your body until it is used to the exercises, when you can start to work a little harder. Just like when your working on changing your inner game through conscious exercises, you need to give your nervous system and brain time to assimilate the new information and accept it. If you start smashing your body and pushing it too the limit the body has an uncanny way of pushing back... usually with pain and injury.

I also recommend seeing your doctor/physician before you start an exercise regime.

Saturday Night Fever Walk.

John Travolta was a natural in that movie and was in the flow when walking down the street with the bee gees soundtrack in the back ground.

http://www.youtube.com/watch?v=1JYQ_wE-gpg

He is confident and at ease with his body. Funny how things pop into your head when thinking about things. I was just thinking about other walks in movies and what sprang to mind as I'm writing this is Spiderman 3. However this is a classic example of a highly trained actor actually trying to think about walking like a bad ass ladies man and well you make up your mind.

http://www.youtube.com/watch?v=99Qy_oxo8w&feature=related

You can't fake the movement. If YOU can see it... just imagine what thousands of years worth of evolution have done to hone the skills of women.

3D Walk Flexibility Matrix

You can literally do this for 1 minute before going out at night and it will free you up instantly. In this video I will show you how to go into the transition zones of walking, and how to mobilize and stretch all three planes of movement, to give you that relaxed flowing walk that shows you are a confident man.

[The walk flexibility video](#)

The sexual Hub(Hips)...Flexibility Matrix

I want to give you a really thorough routine for your hips as it's such an important area for attracting women. Free flowing hips show sexual confidence and lack of inhibitions. Women have always said you can tell how good a man is in bed by the way he dances...well this cuts out the dancing aspect and gives you a direct route to a sexual vibe that women find magnetic. However I do recommend dance classes like salsa because they are great at freeing up the hips and giving rhythm. Also you get used to moving your hips in a sensual way whilst interacting with a woman's hips...no brainer!

[Hips flexibility Matrix video](#)

Thoracic Matrix

This one is also so important. I have had huge success with incorporating this one daily. The upper back is an area that gets locked down in guys and women very easily. Free this up and it will make your chest look bigger, your abs flatter and will make you taller. It is also crucial to have a free flowing thoracic spine when you are walking. All the naturals I know are free in this area. In eastern philosophies, this area corresponds to the heart chakra, which deals with relationship emotional issues. I believe that this is a major reason why guys have problems here whether it's to do with their relationship with their father or from a painful breakup with a girlfriend. In freeing up this area I believe you will open up this area in your life and become more flexible in relationships. This is my experience in working with clients.

The Thoracic Matrix Video

The Feet, The switch for the rest of the body.

Whenever I talk about feet to clients their eyes glaze over as they see little reason for how freeing up the feet and ankles has to do with changing your body. I have seen hundreds of people who were asymmetrical, in pain and had strange walks just from

a foot problem. Once I had sorted out their foot they where back to normal. You HAVE to keep your feet healthy and on your side. I cannot emphasize this enough.

Another really important reason for keeping your tootsies on your side is that they switch your butt on. Women go crazy for a tight, strong butt. There is an evolutionary reason for this love of men's behinds. Strong, muscular buttocks help you with thrusting in sex and this helps propel your sperm deeper into the woman thus helping sperm retention... and therefore women getting pregnant more easily. So women's attraction towards your butt is that they see it as a signal, on a subconscious level, that you are virile and a good partner for mating

In my DVD series I will give you a huge variety of quick tips and exercises to get them working again, from choosing special shoes that mimic the function of your foot, relaxing your whole body to Shoalin Monk drills that you can do in your bedroom instead off up in a monastery.

The Feet Mobility Matrix

Chapter 6: Sexual Stability

The Chain Reaction

As I mentioned before in this book, the body is a fully connected super intelligent machine and when one you move, all the muscles work as one, like an orchestra creating perfect music. One muscle out of tune then the whole body is affected.

I had one athlete come to see me as he had been having reoccurring hamstring and calf injuries on his right leg. The physiotherapist asked me to look at how the leg was working but I explained that it might be coming from else where. He didn't want to listen but I continued with my assessment and was immediately drawn to his right eye. I did a neck rotation test to see how far he could turn his head, left compared to right(his turn to the right was terrible) and then did a reprogramming exercise to his right eye.

Immediately...and I emphasis within 1 second, his neck completely freed. He couldn't believe it, it had been like that for years. I was more interested in the effect it had had on his hips though. His pelvis had been rotating to the left which had been putting the hamstring on stretch and changing the mechanics of the leg.

The pelvis was now symmetrical. Simply put, the muscles around the right eye were tight and were affecting the coordination and working of that eye. To help the eye he had been turning his head to the left to

allow more room for the right eye to work. This had in turn turned the pelvis to the left.

His eye was the cause of the hamstring problem.

You need to train the whole body as one.

Transition zones

To strengthen your body you need to look at the bodies transition zones. These are the areas where the muscles go from loading to exploding. If you look at a baseball pitcher, he will take his right arm back, winding up his muscles like a long rubber band until enough kinetic energy is built up to allow the arm and whole body to explode through.



When you walk you also have transition zones and if you have completed the walk flexibility matrix you would have been improving the flexibility in them. When a confident, high self esteem natural walks, his transition zones will be smooth and efficient. This will reflect an efficient, healthy warrior/ protector man and because the movements are smooth, it also shows a lack of restrictions and tightness. You know women dig that.

Strength?

This is also where strength comes into the equation. In those transition zones you need 3D flexibility but you also have to have adequate strength. If you are weak, the body will not allow you to go into that range. Remember when I was talking about posture and how the body chooses the strongest ranges...well the same is true here. You cannot force your hips to move a certain way, well you can I suppose, but it will look jerky and unnatural. When you force a joint to access a certain range the body will either stop you as in a tight hip or you will tear something and be injured.

This is why movement is not a choice. When someone comes to see me for treatment, I get a lot of information by how they walk from their car to my door. We are all just open, walking books.

So strength and flexibility go hand in hand.

In this part of the program I am going to show you simple, easy to follow movements, that will quickly transform your walk, everyday movement, posture and the way you look. I don't want to give you too many to do because I think you will be overwhelmed at the start. I have boiled down my system to a few important moves that will hit the most areas. When you want to progress them, you can get my DVD series that is awesome and will have literally thousands of exercises to transform you into a natural.

I repeat what I said about pushing your body... and I should know because in experimenting with different moves I made the mistake of forcing things and not allowing my body to recover and learn the reprogramming and I hurt myself. You will not make the same mistake I did, as I have selected the most appropriate moves for all levels of fitness. However if you blast them without respecting yourself, as with everything, you can run into problems... so be gentle and careful.

[Lunge Matrix Video](#)

[Squat with Shoulder Matrix Video](#)

[Abs Matrix Video](#)

Scapular Matrix Video

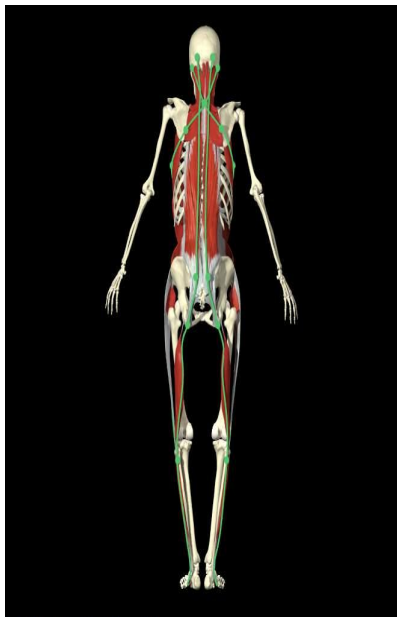
Feet Matrix Video

Chapter 7: Natural Tension Release

Your Spiderman Suit

Science is now starting to have a better understanding of the complexity of the human body. It's funny that much of what the Indian and Chinese health care systems have been using for thousands of years, our Doctors are just beginning to get some understanding about.

An area that is the buzz in the physical therapy world is the role of the fascia. That's the Spiderman suit that links it all together. The reason I'm bringing this up is I think it has a key role in holding tension and trapped emotions in your body.



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If you imagine a sheet on a mattress and you place your hand on it and scrunch it up, you will see lines that run from this handful of sheet all over the bed. When you get injured or a part of your body tightens up, you will have these lines occur and they can cause issues far away from the sight of pain or injury. When someone is up tight and a worrier I have found in my research and experience that they will have a tighter fascia.

I asked my good friend Dave Westerman to show a technique of self manual release so you can immediately start working on any restrictions in your muscles and fascia. Dave is a highly skilled movement specialist and soft tissue therapist. He demonstrates a really simple skill that you can do at home while watching the TV or on the computer even.

Spiderman Suit Release

The tennis ball trick under your feet(see earlier video), is also a great way to quickly release built up tension within your fascia, and you will find that doing the exercises will naturally stretch out and mobilize it, so that it lets go of restrictions.

An important part of keeping your spidey suit healthy and free flowing is to drink plenty of water. Scientists believe that water is integral to correct

functioning of your fascia, plus it helps digestion and many other areas of your health.

The Thumb Exercise

I got the thumb exercise from one of my mentors Paul Chek, one of the best holistic health practitioners in the world. He is incredibly intelligent and also practices what he preaches. He is known for taking off his T-shirt to show his audience what his techniques do for you. At 47, he is in better shape than most 20 year olds.

This exercise integrates the eyes and the nervous system to relax the fascia and muscles in the neck and torso, opening up the chest that often pulls you forward into an insecure posture. It works extremely quickly... make sure you test your range before and after to see the results.

Thumb Video

In my advanced DVD series, I will show you in video, how to release your fascia and other tension points in your muscles using your hands, foam rollers and many other advanced techniques.

Eyes and your jaw.

Now your getting some of my super advanced techniques. This eBook will show you a couple of my top tips for releasing tension from your face and neck, and the eyes and jaw. This will also massively benefit the symmetry of your body.

The eyes and the jaw are highly sensitive sensors of movement and posture. They make up a large part of your tonic postural system, that subconsciously regulates your bodies posture. You cannot think these right. When there is dysfunction in one or both, they are there for life, and will cause you massive pain and TENSION. They are one of the main culprits in asymmetry in the body...and we know what that means, less orgasms for women, and they probably know it, so won't chose you in the first place.



When I worked for one of the biggest sports clubs in the world, I worked with this one player who was recognized as one of the best up and coming stars in the game. One of the tests I used to perform was the weight shift test. Players would stand with each foot on a highly precise scale and I would measure their weight distribution to see if they were balanced.

When I asked the player I mentioned earlier, to stand on them, I found that he was 11kg heavier on one leg. That is a huge amount of extra weight going through one leg. However, something very interesting happened when I asked him to close his eyes ...the scales balanced out perfectly. This clearly showed that his eyes were giving the body fault information and were making him lean more on one leg. It also made him drop one shoulder.

Keeping these two sensors healthy is vital for all aspects of health and symmetry... and therefore...women.

In this video I am going to show you two simple and quickly done exercises, that can be done just before going out. The TMJ 'SOS' drill will relax your whole body and as we know will make you more attractive to women. The eyes will do the same but has the added advantage of balancing your left and right brain. This will help you get in touch with not only your left logical brain but also the emotional right brain which women love.

The glass Tube

I learnt this exercise off my friend and coach Giovanni. The reason I am giving you more of a inner game mind exercise is because you will release any tension in your body from any negative thought... immediately. It works and you can actually feel your body loosen. Remember, mind affects body and body affects mind. I also like the way you can do it anywhere and I have gone through it in about 1 min flat in a bar.

I saw a beautiful girl at the bar and as I saw her I felt my stomach tighten with nerves.

I immediately did the exercise which no one could be aware of, and the tension disappeared so I could approach in a relaxed manner.

The Glass Tube Video

Chi Gong her

I personally do this exercise every week especially when I am travelling or under some pressure with work. Chi gong is an ancient martial art that is used to cultivate chi, the invisible life force that keeps us strong and healthy. The shaolin and other martial artists use it to do incredible feats of strength and say that it protects their bodies like a kind of force field.

I like to use it because when I do it seems to give me a 'glow'. Not very scientific but I have noticed people say this to me in bars when I have practiced before going out. It is also a great way of scanning and releasing your body of any unwanted tension. Real Chi gong masters look so young and relaxed its incredible. Not sure they are naturals with women but you can see how this is important for what we are trying to achieve.

Breathing Squat Video

Breathing

I could write a book by itself on breathing. It is the most important thing for the body, as is easily seen if you hold your breath for more than 5 minutes. (a joke... please don't try at home!) The Chi Gong exercise is great for breathing and I think you will find it quite hard to breath naturally whilst doing the breathing squat.

Here's A quick test for you...

Breath in now for me...

- 1 . Where do you breath from, belly or chest?
2. Do you feel any jerky breaths as you breath in fully?

Learning to breath from your belly and chest and not only your chest is really important for keeping your body free from tension. If you breathed in using only your chest, you will be overworking certain secondary muscles and tightening up in others. This will also negatively affect your posture.

Also if you feel any jerky movements when you breath in, these restrictions will show up to women when you move.

This video will give you a simple exercise that I give to elite athletes to work on as homework. It is simple and highly effective and it only takes a few minutes. That's not to say you cannot practice for longer

though, as really taking time to breath everyday will touch every part of your life.

Breathing Exercise

Chapter 8: The Workout

How many Should I do and When?

The way I usually teach my program is to get the athlete or client into the habit of doing something everyday. However, I don't want you dreading having to do loads of exercises and start getting stressed that you are not keeping up...then you get increased tension... opposite to a Natural.

So I have given you the

Quick exercises

Tennis Ball

Thumb Exercise

TMJ EYE exercise

Spiderman Suit Self Manual Release

Glass Tube

Breathing Squat

Breathing Exercise

Because everyone's body is different, you will probably find some of them you love and some less. Take the ones you feel suit you and try and get in the habit of doing them before going out to socialize or approach women. They are really quick so you don't really need to prepare for them.

What I find ideal for the flexibility work is that you do it in the morning or before you go out for best results. This will seriously get you results when you loosen up the body 3 Dimensional capabilities. Once you have tried the exercises you will feel so good that I won't have to bang the drum about how important they are anymore.

Daily Flexibility Routine

Walk

Hamstrings

Hips

Thoracic

Feet

This could be...

Do all body parts everyday in the morning and before you go out.

Or...

Just in the morning or after sitting for an extended period of time as this will shut down the hips and hamstrings and make you slouch. I use this routine when I write... in my break I stand up and quickly go through the exercises.

Or work out your own routine...

Maybe walk one day, hips another etc...

Strength Routine

Its best to do the strengthening drills 2-3 times per week (see exercises below)

Lunge Matrix

Squat Matrix

Abs Matrix

Scapular Matrix

Feet Matrix

So that the body can handle more load and endurance and will begin to allow animalistic movement, sparking sexual attraction in women.

I often split the routine into 2, Prog A... doing Lunges and Squats and Feet one day then doing Prog B abs, Scapular the next.

This would look something like this

Week 1	Prog A	Prog B	Prog A	
Week 2	Prog B	Prog A	Prog B	

I like to put the feet at the start of the Prog A as it switches on the feet for the legs to work properly.

I also mix these days with other exercises I'm doing in the gym.

To strengthen the muscles , complete 1-3 sets of 10-20 reps of the exercises in this book, depending on your level of conditioning. When you become stronger and have more endurance, you can begin to add light weights in the hands.

The lunge Matrix will take you through 6 reps.

1.Forward Right /2.Forward left

3.Side Right/4.Side Left

5.Rotation Right/6.Rotation Left

I recommend just starting off my going once through each different plane(6 reps) and once your body is used to it, add a second time through, taking each plane to 12 reps.

If you are working from home and don't have any dumbbells, use litre sized water bottles and fill them

with water. The less water the easier the load. This is actually a great way of making the body work harder because as you reach your transition zone with the bottle in your hand, your muscles will reach the end of their comfort zone but the water will carry on moving inside the bottle and wake up the proprioceptor nerves that control the muscle, making the muscle stronger, more flexible and therefore more intelligent.

If you think you will struggle with that routine or you are very busy, you simply take one exercise and do it one day, then choose an alternative exercise and do it the next and so on.

This will still get you results, as you are showing the body a new program to follow, and the nerves are really quick learners.

VERY IMPORTANT

Respect your body by going easy and giving it time to adapt. Never force yourself into a movement when there is pain or discomfort. You should be able to execute the move comfortably and in a short time, you will be going further, faster and with more weight.

Within 1 week you will feel a difference to the way you move and your posture, which will reflect in your mood and confidence. Therefore there is no need to hammer yourself... it had taken my body 33 yrs to get into the shape I was in, when I started working this way, so It

was not in 1 week that I changed, and undid all my restrictions.

Take your time and let it become a natural part of your life. Find what works for your body and start to integrate this movement system into your everyday rhythms.

One guy I worked with in Florida only managed to see me once and only for a few sessions as I was travelling on business. Here is what he said about the work

"All my life I was always self conscious of the way I walked. Girls would tell me I walked like an old man. Last month I had the opportunity to work with Rob for a few sessions. He gave me a few stretches and exercises for my tight foot and shoulder. I can't explain it, but the more I do them girls are no longer calling me an "old man" and telling me I walk like a model. " - David P

I had a chuckle when he sent this email to me as a testimonial. I called him up to ask about the model comment and he said he couldn't believe the change in his dating life. That same day, he had been in the dog park walking his dog, and told me he was attracting so many women. They were literally following him (not sure we want stalkers here:)). He got a beautiful blondes number that same day and feels like, having changed the problems he was having with his body, he had changed his inner beliefs about how attractive he

was. I get weekly up dates from him as he always has new, weird and crazy adventures to tell.

So I'll reiterate again...Always work within your limits and start off easy and build up the amount you do.

Also before starting any exercise program I would advise you to speak to your doctor or physician.

Chapter 9: Getting Results

The Mind Set

So lets recap here so we know exactly why we are trying to reprogram our bodies.

Women are pros at scanning our bodies. The research shows this and I think you have been around the block enough times to understand that women have an uncanny way of deciphering what we want, and if we are lying to them or we are incongruent.

Lack of congruency is the key to all of this, I believe. Lets say you have spent the last two years working on inner game issues to do with self-esteem, sex, women and approaching. You have read dating information and maybe bought some DVDs and eBooks by different dating gurus. This is a massive change to your mindset and will have definitely brought about huge changes to your life ...and I believe your body.

Your body actually physically changes when you have a major Aha moment in your life. When I had my breakthrough with my Hypnotherapist, it released tension that I had had in my hip flexor for as long as I could remember... however inner game work does not release all of your trapped emotions and negative beliefs held in your body.

When your body tightens up due to stress and issues in your life, like low self-esteem, it doesn't simply return to %100 baby-soft, natural overnight. The body has been holding these patterns of restrictions for your entire life. If you manage to get rid of the cause, you will still have the physical symptoms, as this is what the body is used to.

The body now needs to be taught the correct way to move after you have released the restriction. Now, in the perfect world the restriction, say a tight hip, will disappear never to return and you'll be back to normal.

In the real world, and in my experience, this rarely happens. The body always follows the path of least resistance. So if you have a tight muscle and a relaxed one, and the body sends a nerve impulse for you to move, the nerve impulse will always go to the tighter muscle. The body will need to be worked on directly with flexibility 3 d stretching and massage etc... to fully release all the scarred tissue and built-up gunk in the joint and muscles. Resulting in a new pathway for nerve impulses to flow.

Then, and only then, after you have cleared the old holding pattern can you retrain and reprogram your posture and walk.

This reprogramming needs to be done without the need for thinking. You cannot think about the way you move in a bar or club, it needs to be under the influence of your subconscious control systems. If you have to tell yourself to hold your shoulders back or stand taller, you will fail to have any lasting changes of more than 1 minute.

This system will use your body's own drivers, such as the arms and legs to produce the desired effect, not your thoughts.

You will then automatically access the new neural pathway information when you walk and move, that will be natural and flowing.

Your joints and muscles are going to be relearning that they work in three planes of movement... far from sitting at a computer, standing in cues, running on treadmills, weight training in 1 plane and sitting watching TV.

This is going to liberate you, clearing out negative belief holding patterns, insecure posture and un-sexual walks.

Your body will begin to relax as it realizes that it is starting to move efficiently and your posture will improve. This in turn will improve your mood and self esteem. Remember you cannot feel insecure if you stand up tall and lift your head up.

This will then combine with your intelligent warrior walk and relaxed muscle tone, and will start to spark attraction in women because...

- Women are attracted to confident men
- Women become more attracted to you when they are relaxed... because they mimic you
- Women, when relaxed, shift into their parasympathetic nervous system, making them more open to sex
- Women scan you for restrictions, seeing tight hips for example, as a non sexual mate.
- Strong gluts, your butt, (switched on by your feet), are linked to a mans ability to thrust their sperm deeper into a woman
- The more symmetrical you are the more orgasms you will give her

- And the list goes on.

A neat thing then happens...

From changing your movement and posture from the outside in, these changes will start attracting admiring glances from women and will start getting you better responses when interacting with the opposite sex...

And this positive reinforcement will give you huge confidence in yourself... and women pick up on this confidence... and the cycle of positive change continues.

I have experienced this knock on affect and it is dramatic. It almost went too quick as I remember myself thinking, “why are these women suddenly interested in me”. I thought I was imagining everything.

I would walk down the street, and I’m you sure you can relate to this, you kind of look at women to see if they look at you. Pretty needy behavior and maybe it was only me that did this... but now I know women check me out. When they do I look them directly in the eye and feel the sexual energy in my body...and they can feel it too.

This feeling empowers my already confident walk.

So...

Enjoy the Ride.

Your Friend

Rob

“Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it.”

Greg Anderson (American best-selling Author and founder of the American Wellness Project., b.1964)

Chapter 10: Further learning

Advanced DVD

This is my advanced system, giving you an in-depth look at all the different aspects of the naturals movement. All teaching and training is done on video, giving you hundreds of exercises to get your body moving in flow, and sparking sexual attraction in women. It will teach you tension release techniques, how to analyze, if and where, your own personal restrictions are, and how to break free from them. There is also an in-depth section on symmetry...how to self evaluate and reprogram. You will learn Self massage using revolutionary secret techniques from elite sport and also ancient eastern medical philosophies.

The training and conditioning is incredible. I'm confident in saying you will find nothing like it anywhere in the world.

It will be like you having me as your own personal trainer in your house.

Interviews with Body Specialists

My interview series will give you amazing insights and never heard before secret techniques from training gurus from around the world. You will find out all the best techniques to transform your bodies... from top Hollywood actor personal trainers, to the very best conditioning specialists... that the worlds best athletes have to fly to see. These guys are so good they don't travel.

If you would like to buy these products or are interested in learning more about them please visit my website at

www.CodeoftheNatural.com

please feel free to contact me at

Rob@TrainSexy.com

Further Learning...

If you want to specifically work on inner game issues, I highly recommend David DeAngelo's products.

Check out

www.DoubleYourDating.com

Special thanks goes to

Gary Gray & Dave Tiberio at the Gray Institute

www.grayinstitute.com

Paul Chek at the Chek Institute

www.ChekInstitute.com

Thank you

Special mention to my natural friends, John, Darryl and Tony, for supporting me with my work and letting me watch them in action.

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And Anna Jeannsson for checking my terrible grammar and spelling.