

THE FLEXIBILITY BLUEPRINT

Rad Burmeister



7 Keys To Faster Flexibility And Mobility

The problem with most so called mobility experts is they've been bendy since childhood. Very few achieved great mobility as adults. And without that experience their programs are pretty useless. I wasted so much time following BS programs. That's why I created this Flexibility Blueprint and my other more advanced mobility programs.

Today I'm sharing the 7 keys to faster flexibility and mobility that totally changed my life.

1. Systemize your stretching routine
2. Treat your stretching as a workout
3. Increase joint movement then strengthen it
4. Introduce eccentrics and isometrics asap
5. Mobilise and strengthen opposing muscles
6. Diversify your toolkit for 10X gains in 10X less time
7. Passion leads to progression

Who Am I and Why Should You Listen?

"I teach people how to move instead of just exercise."

If we haven't met, I'm Rad Burmeister, Founder of Unity Gym, where health is measured by performance not body image. I teach people how to move instead of just exercise ... taking my students from good to great. That's me in the picture doing the splits at age 40.

You probably won't believe me, but four years ago I could barely touch my toes.

Truth be told, I was once looking for the answers just like you. Whether you're tight and stiff, or trying to level up your calisthenics game ... the more you research the more overwhelmed you get. It's not your fault! There's way too much BS out there about flexibility!!

Lucky for you ... I've been doing this for 23 years and amongst the decades of grinding I experienced 7 MASSIVE breakthroughs. Incredibly, ALL in the last three years of my training!! Each delivered a key lesson that profoundly impacted my mobility and flexibility.

Strap yourself in because I'm about to share them with you ...

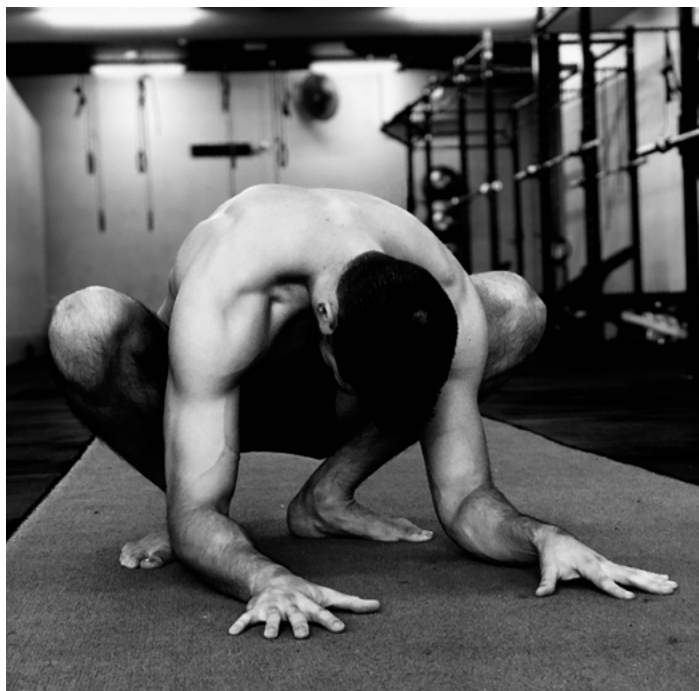
1. Systemize Your Stretching Routine

“Systemize your stretch routine, then rinse and repeat.”

Your body has an environmental adaptation process. Meaning, if you sit down regularly ... you adapt to your chair. Since the seated position shortens and weakens the very joints we desire flexibility in, your stretch frequency must match your sitting frequency. SERIOUSLY!

My first breakthrough was to systemise my stretching ... then rinse and repeat. Trust me, having to rethink how to approach stretching every time you stretch is extremely unmotivating!

My 18-Min Stretch Routine was the first key to my recent progress. I spent years testing and evaluating, then I created a simple system that worked. And then I got busy doing it. Now it's your turn. Get started asap and do it as much as possible!



2. Treat Your Stretching As A Workout

“True strength cannot be achieved in the absence of mobility.”

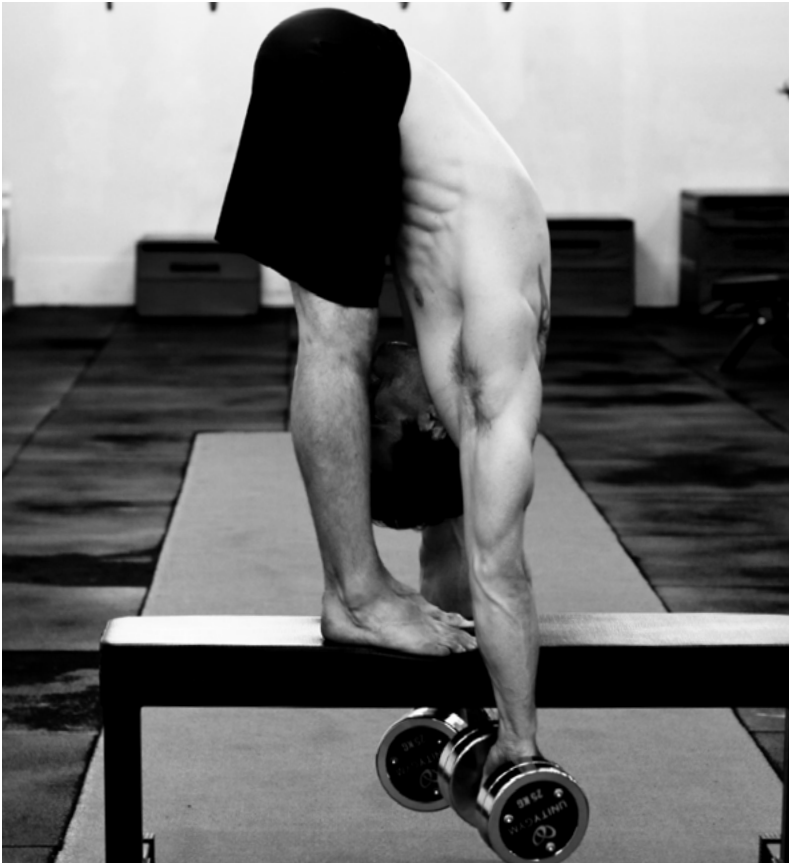
A massive mistake that I made for years is to stretch if I had time. It wasn't until I started to prioritize mobility and schedule proper stand alone mobility sessions that I started to see real results. The 18-Min Stretch Routine is designed to be just that. A routine that you dedicate 18 minutes to outside of your regular workouts. Which is exactly how I got started!

This goes without saying ... but it's so bloody important!

We have a rule at my gym, prioritize your weakest link first. If that's basic conditioning so be it. If it's strength, then do more strength. But in 99% of cases flexibility and mobility are weak ... so we prioritize it first. Remember, true strength cannot be achieved in the absence of mobility!



3. Increase Joint Movement Then Strengthen It



“You must teach your nervous system how to access new ranges of movement.”

Stretching should never be held for long periods of time before strength training because it can negatively impact tissue integrity. However, there’s a clear line drawn between static stretching and mobility. And there’s BIG advantages to doing mobility prior to strength training.

When you mobilise a joint you create a new range of motion that wasn’t available before. And when you strengthen it immediately afterwards you teach the nervous system how to access it.

Pro tip ... [If you want to get my 18 minute stretching routine click this link.](#)

4. Mobilise And Strengthen Opposing Muscles



“Flexibility is fancy, mobility is function.”

This was another massive breakthrough for me. The concept that once you stretch or mobilise a joint you then strengthen the opposing muscle group immediately.

An example of this would be to stretch your pancake and then strengthen the straddle leg lifts like in the picture. Pay attention to this, because it’s important ... mobility is about removing the brains inhibitors. The best way to do so is to regularly demonstrate that your joints are strong and capable of end of range movement.

The example above works well because the pancake stretches the hamstrings, adductors and lumbar extensors. Whilst the straddle leg lifts strengthen the hip flexors and abs (opposing muscle groups).

5. Introduce Eccentrics And Isometrics ASAP



“Your bodies environmental adaptation process can and should be exploited.”

Eccentrics were a massive breakthrough for me. I always thought stretching was all you needed to get flexible. But I was wrong. Eccentric loading is lowering yourself into the stretch using body weight, or external weights. This method alone dramatically increases flexibility and mobility. A good example is using deep Romanian deadlifts to stretch the hamstrings.

Isometrics are taking the muscle to end range and tensing without lengthening or shortening it. Using the active middle splits like in the picture above ... hold a contraction in your adductors at the end range for 30 seconds.

Remember, mobility is about removing your brains inhibitors more than lengthening your muscles. To do so you must exploit your bodies ability to adapt to your environment. Spend time contracting muscles in the end range and your brain and nervous system will comply quicker. Use these principles on almost all muscle groups.

6. Diversify Your Toolkit For 10X Gains In 10X Less Time

“There’s more than one way to skin a cat.”

Implement my 7 key lessons and like me, you’ll get a massive breakthrough. BUT doing the same things on repeat will guarantee plateaus. Just like strength training, you need to regularly introduce new stimulus. The biggest take home lesson today is to know the difference between and master:

1. Stretching
2. Mobilization
3. Myofascial release
4. Trigger point release

Without doubt, diversifying your toolbox and then mastering the art of periodized mobility programming is the only way to avoid annoying training plateaus.



7. Passion Leads To Progression

“Continually introduce new stimulus to your body.”

Passion leads to progression and naturally my training has evolved massively over the past three years.

My team and I are constantly learning advanced new methods in the aforementioned four areas in Key 6. to level up our training. That’s how we continually introduce new stimulus to our bodies. We test at my gym (Unity Gym), then systemise what works best and teach it ...

If you’re as passionate about levelling up as I was a few years ago you’ll love my 18 minute stretching routine ... for more info [click this link](#). If you’re ready, I’d love to welcome you into our inner circle.

Seriously, if you follow my program you’ll get 10 times the gains in 10 times less time!

