

Adam K Hansen is a tradesman who suffered lower back pain for years and developed a daily stretching routine to minimize pain and be able to continue working and living for many years to come. This book is for anyone suffering back pain.

Builders Back: Building a Strong & Healthy Back For Life

By Adam K Hansen

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BUILDERS BACK

A man with a shaved head and glasses is shown in profile, performing a yoga pose (Warrior II) on a rocky, grassy shore. He is wearing a light yellow polo shirt and red pants with a white floral pattern. His arms are extended forward, and his legs are in a wide stance. The background features a clear turquoise ocean, rocky cliffs, and some green foliage.

*Building a Strong &
Healthy Back For life*

ADAM K. HANSEN

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About the Author



While most men are contemplating work and paying off the mortgage, Adam K. Hansen with over 30 years martial arts experience is continuing to evolve both his knowledge and teachings to the highest levels and enable his methods to be passed on, and help as many people as possible.

He has studied and holds a diploma in shiatsu achieved the master level in Kung Fu, Qigong, Tai Chi and Reiki and is now one of the first practitioners in Australia and the world in the modern practice of Quantum Flow.

Having injured his back in his 20's, he is well versed in the pain and discomfort of living a life with back pain.

Combining his skills and training this routine for over 15 years now, and in his 50's Adam has a back stronger than ever, surfing again with little to no pain.

The best thing is that since evolving and practicing Quantum Flow he has stopped taking pain killers for his back and old knee injury.

He lives by the philosophy that there are no problems only solutions, and this is the attitude that allows change to happen and lead you into being the best version of yourself.

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Introduction

This is not a book about taking a magic pill and thinking all your life's pain and injuries are just going to disappear and everything is going to be a bed of roses.

This is a book about your story of how committed you are to taking the challenge of change, how determined you actually are to dive deep and do the work both physically and mentally that is required of you to make these life transforming changes.

I am also not going to tell you that you can achieve great life changing results from little to no effort on your part, because this is a self-help book. A book designed to show you a way that you can personally change your own life and reality.

Each year we help hundreds of people transform from a world of pain into the life of their dreams. We guide them to transform into the best version of themselves, we show clear guidelines and the steps that are required to become this person.



Feel gratitude, be thankful for opening
your eyes and taking that first breath.

-Adam K. Hansen



My Story

I was a construction electrician with severe back pain trying to make enough money to purchase a new home. I really wanted to live a life without back pain so I wouldn't have to quit my job and struggle to pay the bills.

I wanted to be able to go to work pain free, surf pain free, lift up my kids and throw them around "even throw a footy round the yard with them" so I could enjoy an amazing life doing the things I love.

The thing is I was waking up every day with constant back pain. That meant I was not able to lift up my kids and throw them around "throwing a footy would cause my pain to spike even higher with the twisting motions involved," let alone enjoy an amazing life doing the things I love.

To make things worse, I felt terrible because I felt like I was completely useless to my wife and family living with constant pain.

I felt even worse about the situation because I had to take painkillers every day to numb the pain so I could function. I felt like a failure because I wasn't the strong man I needed to be for my family.

The problem was that after years of taking pain medication I was in a constant cloud from the side effects of the drugs. This meant I felt completely useless unable to work and provide an income to support my family, feelings of committing suicide overwhelmed me at times, which sent me further and further down the rabbit hole of depression.

Then, as if by chance, something amazing happened...

That's when my brother-in-law introduced me to some basic stretches and explained how regular stretching could reduce my pain level and make it more tolerable allowing me to get back to a regular lifestyle and taught me how it was up to me to take charge of my life and put in the effort to make change!

It was now crystal clear to me how to get over my mind complaining and just get up, do it and get on with life and love myself, because I saw I could finally take control of my life and manage my back pain doing things I had longed to do for years.

I also learned that you DON'T need a doctor to keep you on pain killers that keep you trapped, you need to focus on being in control of your own health and manage it your way instead.

As a result I was able to get back into work and also surf without pain.

After I did that, I started being a father again making money and running around with the kids doing what we love.

Suddenly, I was surfing amazing waves again and throwing that football around the yard with the kids.

That's when I realised that the secret to maintaining a healthy back was to incorporate a regular stretching routine.

My plan was to start rising early every day and look after myself first.

So, I started a daily back saving maintenance routine that is proven to keep you where you need to be. But I didn't stop there.

I then made sure that I am always aware of how my body is feeling. After that, I made sure not to slacken off and miss my routine even when I was feeling great.

But there was still a problem...

The back pain would still come and go, and this would annoy me, and I would get angry again with myself and the

Builders Back: Building a Strong and Healthy Back for Life

world I would lash out at my family members and work colleagues for what I later realised were the littlest things that didn't even matter.

I would pull myself back together and keep up my stretching, and would slowly come good again, but there was this little internal roller coaster going on that I needed to overcome.

I ended up getting so frustrated that I decided to go deeper into understanding the mental conditioning behind stretching and its effect on my overall wellbeing.

I chose to call it *Builders Back: Building a Strong and Healthy Back for Life*.

I thought if I could create something that would make it possible to help other people, everyday workers overcoming daily back pain and live an amazing life, I'd be really happy.

After accessing the mind on a deeper level learning how to rewire the nervous system and connect this with my stretching routine, we created *Builders Back: Building a Strong and Healthy Back for Life*.

I can now do a 5 minute mental stretching routine every morning that sets my body, mind and soul up to be the best version of myself each and every day.

I then started to let other Back pain sufferers use *Builders Back: Building a Strong and Healthy Back for Life* build your back for life.

As a result of this I was able to achieve the following:

- 1. Help many people from construction workers to the corporate tycoons of the world build a strong and healthy back with an amazing maintenance program that allows them to rise and get on with the task of taking life head on and loving every moment of it**

2. After creating *Builders Back: Building a Strong and Healthy Back for Life*, I was now able to watch my mate get out of the surf with a big smile on his dial and no back pain for the first time in years.
3. I have also been able to stop taking pain killers and none of those mind clouding depression pills, because I now know my mind and body are connected as one and I know if a niggle is coming on what I need to do before it happens (preventative maintenance).

And in the end, all of this means I'm now able to help a lot more people overcome their own back pain difficulties and get on with their lives and become the best versions of themselves creating a much better world for everyone to live in.



Chapter One

The Art Of Breathing



The Art of Breathing

One of the most important things you will ever learn in your life is the correct way to breathe, what I would like to introduce here is the fundamental breath that is needed to improve your overall health and wellbeing. This breath is also the foundation where you will build many other breath flow techniques from.

The majority of people breathe incorrectly and think that it is a natural thing and something that just happens and that we do not have to worry about what is going on and the different effects it can have on the body.

This couldn't be further from the truth; the majority of people are either high or shallow breathers and when this becomes the constant throughout your lifetime then you will never allow your body every cell of your being to be fully oxygenated.

In the Chinese art and philosophy of Taoism they believe that the nutrition provided to us through the air we breathe is far more vital to our overall health and longevity, than that of the digested food and water we take into our body.

As the body has its own electromagnetic field, breathing influences the bioelectric state the same as the food we eat influences its biochemical state.

As we delve deeper into breathing, we discover that there are two functional types of breathing, they are cleansing and energising.

Cleansing breath is associated with detoxifying and is exaggerated on the exhalation.

Energising breath is all about bringing in and storing vital energy and is concentrated on the inhalation.

One of the biggest issues in society today is that people

take breathing for granted, and through an amazing phenomenon they unconsciously practice both of these breaths spontaneously each and every day.

When the bloodstream's toxins reach a critical level, you will automatically sigh, you see your body's own safety mechanism kicks in and it quickly gulps in a small amount of air and then a forceful exhalation, which helps release toxins from the blood.

When our energy levels are running low the opposite will automatically happen and that is you will yawn, this entails a long slow, deep inhalation, with a brief retention followed by a short exhalation

I encourage you to start to observe what happens to you when these breaths naturally occur, even take the time to journal what is taking place here and you will be amazed what is going on in your life.

You see, the major organs of the body are very greedy and require the most amount of oxygen, the first and most important being the liver and the brain.

Here are the 3 biggest Oxygen consumers in the body: the liver, brain, and heart consume the most oxygen in the body.

- The liver consumes 20.4%,
- The brain consumes 18.4%
- The heart consumes 11.6%

Even though we do not breathe correctly we are still able to survive and keep everything ticking along.

The main point I want you to understand here is that you are living in survival mode and you don't even know it.

Oxygen is crucial for the correct function of every organ and cell within our body, it helps to free biochemical energy from food by acting as the electron acceptor for the reaction

that metabolises adenosine triphosphate, (ATP). These are one of the body's major energy sources.

Any metabolic process in the body is known to be aerobic, most diseases will struggle to live in a highly oxygenated environment, with cancer cells being known to die when exposed to oxygen as they thrive in an anaerobic environment.

Nobel Prize winner Dr. Otto Warburg famously hypothesised "...the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar," meaning, cancer is caused by a lack of oxygen. Today's modern cancer cell biology has shown he was on the right track as mitochondrial health and shifting to a more oxygen-rich environment may protect healthy cells and further neuter cancer cells.

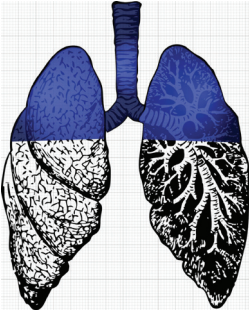
It's important that you start to understand your own body and how you inhale and exhale, where your breath is going, are you breathing high or is it sinking lower into your body.

You want to become the observer and give your mind the job of following your breath, start to do this when you are sitting or lying down and are nice and relaxed. A great time is when you are in bed as you are going to sleep, also in the morning as you wake up, spend a few minutes feeling your breath going in and out of your body.

Feel free to create your own breathing data and journal on this so you can start to observe any daily changes as we progress through the practical activations.

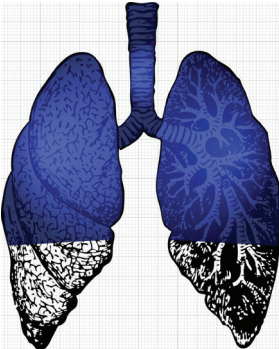
Understanding the 3 Stages of Breathing

Shallow Breathing



Under normal circumstances the average person tends to inhale shallow breaths. The air is mainly drawn into the upper region of the lungs. This is an unconscious breath cycle, and generally in a non-activity sedentary state. This breath is normally controlled by the intercostal muscles and only delivers one third to half the oxygen (Qi) to the lungs restricting the quality of blood to the limbs.

Medium Breathing



This is generally the normal breath cycle when a person is actively participating in everyday activities to sporting activities. It is also the general conscious breath. This type of breath will perhaps fill the lung capacity half to three quarters the oxygen (Qi). Again, this does not circulate as much oxygen (Qi) that is possible.

Deep Breathing



Deep conscious breathing, as we go deeper within, we start to focus our breath all the way down into the lower abdomen. This will be done through aerobic activity, heavy training drills and soft gentle breath flow work. When focusing on our breathing at this level we promote and circulate oxygen (Qi) through all of the lung, now nourishing every cell of our being with concentrated oxygen.

Basic Breathing

Preparing yourself for Breath Flow

The art of breath flow goes deeper than just a physical action, you have to prepare your mind and create the right mindset and intention to get the full benefits of qigong & breath flow exercises.

Three types of attitude will slow and stop your progress from improving your own personal development and basically turn your efforts into a waste of time.

Skepticism

There is nothing wrong with how I breathe, I have been satisfactorily breathing all of my life. How is breathing deeper and stretching the lungs increasing their capacity, concentrating on my navel and abdominal region even going to make a difference.

Answer

The truth of the matter is that you probably haven't even seen or been practicing good breathing all of your life, and we have triggered something that goes against your grain of thought. Using your automated shallow breathing you will definitely stay alive, unfortunately you will only be receiving less than 50% of oxygen your body is able to receive.

By allowing yourself to commit to breathing and stretching routines you allow the body to take in far more oxygen which improves your overall wellbeing and gives you more energy to play out your end game.

Misinterpretation

All this breathing and stretching from the east is all very interesting if you are into that sort of mumbo jumbo. After all they are thousands of years old, developed by some monk sitting on top of a mountain looking into a cave for years at a time and clearly, they did not have the science and understanding of the human body we have today. I don't think that they are right or will work for me.

Answer

Sure, these methods have been around for a long time and they were used by monks to both heal and protect their bodies, the east studied the anatomy differently to the west and believed most issues of the body could be cured by looking at the energy systems of the body 1st. Through combining the breath with different movements we could open up the channels in the body for the blood to flow better. When we change our thought patterns and we understand the deeper the breath, the more oxygen is in our system then there is more oxygen in the blood carried around the entire body. Which leads to being able to better repair yourself at a cellular level.

Boredom

As with anything in life things that become monotonous and have to be done over and over again lead people to feel bored, and they can't be bothered as it takes up too much of their precious time. (Time that will likely be spent watching TV or some other mundane time-wasting excuse)

Answer

Only you can choose to be or not to be and provide the answer to why an exercise or activity that has the potential to better the outcome of your life leads to boredom. It is a common outcome with people who set goals and have great intentions at first until it is time to put some actual skin in the game and get their hands dirty. All kinds of excuses come up and believe me I have just about heard them all.

Boredom is a state of mind and if you choose to be bored with something that is OK just remember you are the one making the decision no one else. So if you desire less pain in your life and to live a greater end game then understand how your body works and become passionate about improving every area of your life.

Choose to be or just be bored and boring.

Discovering Your Breath

Diaphragmatic Breathing

Firstly, stand tall with your feet shoulder width apart and the toes pointing forward. Slightly bend your knees and rotate the pelvis so the tailbone is pointing to the centre point between your feet. Lining up the crown to the tailbone and creating a nice tall posture with all the natural curves remaining in the

spine.



FIGURE 1



FIGURE 2



FIGURE 3

1. **Completely exhale all of your breath and pull the navel in toward the spine as you do this. FIGURE 1**
2. **Slowly inhale through the nose and allow the belly to start filling with air. FIGURE 2**
3. **Continue to inhale until the belly is fully expanded, allowing the air to fill the lungs from the bottom up until the chest is full as well. FIGURE 3**

By filling the belly this way, the diaphragm will pull the lungs down allowing them to work like a vacuum and draw

all that vital Qi (oxygen) to the bottom cavities of the lungs. The deeper we breathe the more oxygen permeates the lungs reaching the lower alveoli, allowing them to operate at their optimal level. This enables the exchange of oxygen and carbon dioxide through the breath cycle .

To Stretch or Exercise, This is the Question

I want you to understand what this book is about and the best way to use the knowledge offered within. This is not a book of exercises, it is a book about stretching, a sequence I have been both practicing, teaching and refining now for over 30 years. Do you know or even realize that there is a difference between stretching and exercising?

Discipline

It requires discipline and determination to become the best version of yourself no one else can do it for you. Your motivation needs to come from within a deep desire to live a rich fulfilled life as pain free as possible. You may have discovered this book whilst living with chronic pain and think and feel that there is no escape from it and that is something that I can resonate with and completely understand.

As I stated in my story I had back issues and pain for a long time the worst of it was when I turned forty, on the job site I was doing an electrical fit off for a new home I reached into the van to grab some parts and next thing I am looking like ET my back went into spasm and pulled my hip completely to one side rendering me useless unable to work, off to the chiropractor I go to get someone else to fix me. You see I had

the stretching routine, but I didn't do it every day as once I felt ok, I didn't need to do it (how wrong I was).

Anyway, once the swelling went down, I resumed stretching and I can honestly say that I have only missed half a dozen days in the last 14-15 years.

What I also discovered through this period was that the physical ailments that happen to us come from a far deeper-seated place than we may realise. When something happens to us the majority of people are seeking someone or something else to fix or relieve the problem, go to the doctor, Chiro, Acupuncture pop a few painkillers, anti-inflammatory, (you know where I am going). I am not going to go too far into it here although I would like you to understand the concept that we create everything that happens in our life and we are totally responsible for fixing it as well.

Once I understood this, I was then able to go on a deeper journey into myself and identify what in me created these injuries, what the emotion was that anchored itself inside of me, what I held onto and was unable to let go of.

As I acknowledged this and reprogrammed my thought process and combined the release of old and bringing in the new thoughts with my physical practice that is when the magic really started to appear and the symptoms fully released.

This path is not always easy as we have to look deep into our inner being and workings, confront those inner demons and tackle them head on.

Most people will say and argue why would I do this to myself there is no way I want this much pain let alone wish it upon another person the pain is too much. And if this is you then you have reached the starting point of self-discovery, to have a good hard deep look at yourself and get out of the denial phase.

Now it did not happen overnight it took years of both

physical and mental work to get my structural alignment back to where it needed to be and now whilst writing this book at the age of 54, I am surfing just as good if not better than in my twenties and I stretch every morning and make sure my body is warmed up and stretched before I paddle out and play with mother nature.

What is a Stretch?

With relation to physical health and fitness a stretch is the process of moving different parts of the body to lengthen and elongate muscles and associated soft tissue. We are activating the muscles to reset their length allowing more body flexibility. Also we are removing knots and adhesions that have formed in the belly of the muscle (just like combing hair to make it straight and smooth), ultimately by straightening all the muscle fibres we can now move and release any built up toxins in that area and let the body naturally reclaim its structural alignment helping our overall system to flow.

For a muscle to lengthen there is another action required and that is for the opposite muscle to contract, and this is what is known as the Agonist and Antagonist relationship. An example is when I want to stretch the quadriceps, then the hamstring group of muscles will contract creating the necessary action required.

Agonist is the contracting muscle.

Antagonist is the lengthening or relaxing muscle.

Tendon is what attaches a muscle to a bone.

Ligament is what attaches bone to bone.

When is the Best Time to Stretch?

It is not recommended to stretch any muscle when you are completely cold as this can lead to damage and adding pain to insult, therefore it is important to make sure you lightly warm up the areas of the body you want to stretch. As the body warms up capillaries and pores open up allowing more blood flow and the ability to shift more oxygen through the muscle fibres.

The routine that I outline in this book is done first thing in the morning and starts in bed where your body should already be warm and relaxed.

The other consideration is that you have been off your feet for 6-8 hours and there is now no vertical pressure applied to the lower back and legs, the body is in a perfect state to reactivate muscle structure and body alignment.

When Injury Plagues You

Most often an injury will occur when we are doing the simplest of things, i.e. lifting something at work too quickly because we are under the pump to get the job done. At home playing in the back yard or park with the kids throwing a ball around or bowling a cricket ball at the kids (because the only fun part about cricket is batting right). And one of the simplest is bending over to pick up that golf ball.

These injuries occur from:

Not being ***warmed up*** and ***prepared***.

Unaware that your body is ***cold*** and not ready.

Incorrect technique when picking and lifting things.

There are no guarantees but if you incorporate this regular stretching maintenance routine then your body and muscles are going to be in a far better state and ready for most actions coming your way.

It's your body and your responsibility to set it up and have it perform at its optimum, otherwise you are a ticking time bomb and an accident waiting to happen. And when it happens all the excuses in the world will come out, I wasn't doing anything, it wasn't my fault, how could this happen why me, etc.

What is an Exercise?

So, for the purpose of this book and to allow clarity and a subconscious understanding of the difference between a stretch and an exercise.

An exercise in effect shortens a muscle and is designed to strengthen the muscle giving it more strength and functionality to perform its required job.

There are many exercises out there that can be done for both strengthening and rehabilitating an injury. To be clear we are not going into rehabilitation and the strengthening of muscles in this book, we are discovering a routine of stretches and setting up your own body maintenance to build a healthy and strong back for life.

Do I Ice or Use Heat on an Injury?

These are two completely different approaches to deal with injury, when combined and used correctly they can complement each other and aid in quicker recovery and future prevention of recurrence.

Once you have injured for the first time or it is a recurring injury, it is important to allow the swelling to go down before we attempt any stretching or manipulation of the area.

Icing of an injury will typically take place straight after the injury within 48 hours of happening. Using an ice pack or cold compress on a strained muscle can help reduce

inflammation and numb pain within the region. Icing is effective in reducing swelling and numbing pain as the cold shuts down capillaries/blood vessels slowing down blood flow and circulation to the injured region.

The quicker the swelling can be reduced the quicker the recovery time will be.

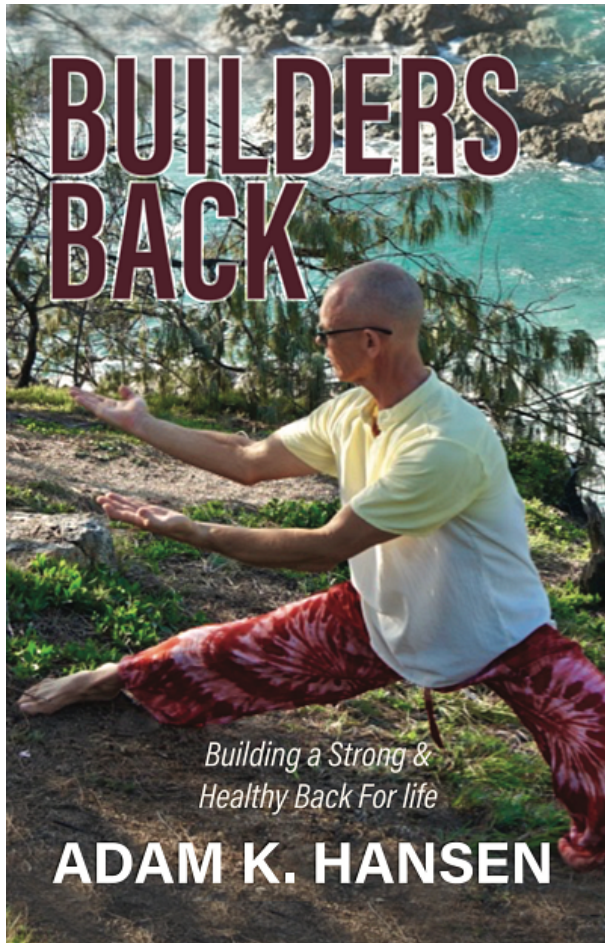
When icing an injury, you should try to elevate to the injured region and apply an ice pack for 20mins on and 20mins off. There is no set time period for icing use your discretion and if need be see a doctor for damage analysis.

Heat is never used straight after the injury as it will increase the blood flow and circulation and can lead to further injury and complications later.

Heating a sore or injured area increases blood flow, circulation and metabolic activity which allows the muscle tissue to relax and loosen. This helps to relax stiffness and relieve pain in joints and surrounding areas.

It is important that muscles are warm before we stretch them, this can lead to much improved flexibility and better flow of oxygen rich blood through the muscle.

There are many ways to apply heat from using heat pads to having a nice warm shower to relaxing in a spa, the duration should be around 15-20min.



Adam K Hansen is a tradesman who suffered lower back pain for years and developed a daily stretching routine to minimize pain and be able to continue working and living for many years to come. This book is for anyone suffering back pain.

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