

# Hyperbolic Stretching Reviews (Alex Larsson) Legit Stretching And Mobility Training Methods?



Everyone wishes to have a well-toned and fit body. Some people pick heavy weights and other workout routines to build their physique, strength, and overall health.

Alex Larsson is the creator of the Hyperbolic Stretching routine. The system can help you achieve a fit and flexible body through specific stretching exercises. How does the stretching technique work? Who can use it? Is it ideal for aging people?

# What is Alex Larsson's Hyperbolic Stretching Program?

Hyperbolic Stretching is a [video-based digital program that can help you achieve flexibility and fitness](#) in under 30 days. The program is research-based and proven to enhance the physical and mental wellness of the users.

The Hyperbolic Stretching workouts take about eight minutes daily. They are simple, and anyone can perform them in the comfort of their home. Men and women can achieve their fitness goals using Alex Larson's program. However, users should specify their gender before buying the program because there are different workouts for men and women.

According to the official website, the Hyperbolic Stretching program can improve muscle strength and mass, blood circulation, digestive health, sleep quality, and overall wellness. All the poses are purportedly beginner-friendly and unlikely to cause any muscle strain.

Customers can buy Hyperbolic Stretching only through the official website. You do not require any fancy equipment to perform the

stretching activities. In addition, the workouts are time-friendly and unlikely to disrupt your daily routine.

# How Does Hyperbolic Stretching Work?

[The Hyperbolic Stretching program promises to enhance your flexibility in under four weeks.](#) The self-paced exercise routine is purportedly ideal for every user, regardless of their current fitness levels. The program gives the user access to 21 workout videos. Users must complete each of the workout routines for about eight minutes daily.

Alex Larsson claims you can add the Hyperbolic Stretching workouts to your existing routine or use it independently. The online videos are clear and precise. The program has five sections, including:

- Warm-Up Series

- Split Test

- Week-1-3 Workouts

- Week 4 Workouts

- Flexibility Maintenance Routine

All the Hyperbolic Stretching exercises are purportedly user-friendly. However, the complexity of each activity grows with time.

Alex Larsson recommends simple warm-up exercises to boost blood circulation and build momentum. Still, if you experience discomfort while stretching, it is best to stop the workout. In addition, users should consult their physical therapist before using the Hyperbolic Stretching routines.

# Advertised Health Benefits Of the Hyperbolic Stretching Program

It can help you correct specific postures, such as hunched back

[It can reduce pain and stiffness](#)

It improves athletic performance and strength, improving your running, cycling, or golf activities.

It can improve bladder and bowel control, particularly in aging individuals.

It can boost your yoga and martial art progress.

Hyperbolic Stretching can reduce mental stress and improve sleep quality.

It can boost vitality and enhance blood circulation

The stretching activities can prevent injuries and accelerate recovery after training

Hyperbolic Stretching can support recovery after hip replacement

# What is Inside the Hyperbolic Stretching Program?

The Hyperbolic Stretching weekly schedule includes the following:

Each stretching activity takes eight minutes daily

Six days a week for 30 days

[30-day Free Questions and Answers via Facebook Messenger](#)

Alex Larsson recommends watching the video before putting the moves into practice. You can get professional help from your gym instructor or a physical therapist if you need help with the poses and movements. The four-week program videos include:

## Front Split – 8-Minute Flows for Hamstrings, Hip Flexors, and Lower Back Relief

The program is designed for seasoned and beginner practitioners. The progressive follow-along workouts can improve the lower body strength, lower back, and hips. The creator claims that the 8-minute video makes the hip flexors and hamstrings elastic. Additionally, the moves and poses improve the strength and power of the lower back and hips. The front split routine prepares the body to make a side split.

## Side Split – 8-Minute Flows for Hip Opening, Adductors, and Pelvic Floor Strength

You do not require any special equipment to perform the side split poses. The 8-minute video is purportedly for advanced users. It educates the user on how to open and relieve the hips, and strengthen the pelvic floor, thus increasing the power to perform a variety of center splits. Alex Larsson reveals the [secrets to increasing your flexibility](#).

## Forward Bend – Forward Bend Flows for Hams, Posterior Pelvic Tilt, and Back

The forward bend is a complex stretching pose designed to enhance the hamstrings, glutes, and lower back flexibility. The video presentation explains why most people, even those performing the front split, cannot attain the forward bend pose. Hyperbolic Stretching reveals tips on achieving the full head-to-toe position regardless of your flexibility.

## Dynamic Stretching – Dynamic Lower Body Flexibility Enhancement for Sports

Alex Larsson recommends performing simple warm-up activities before practicing the dynamic stretching poses. Dynamic stretching can augment your athletic performance, speed, power, and

strength. In addition, the stretching poses support dynamic elasticity allowing you to perform even “difficult” athletic poses. In the video presentation, Alex Larsson explains how dynamic flexibility is crucial in maximizing the range of movement and speed.

## Upper Body Stretching – Complete Upper Body Flexibility for Maximum Range of Motion

The eight-minute video explains how you can stretch the upper body, including the shoulders, biceps, triceps, chest, and upper back muscles, without causing any injury. Hyperbolic Stretching uses an incremental approach to [ensure you perform the workouts without causing muscle strain](#). The upper body stretching poses is ideal for cross-fit advanced eight-lifters and beginners. It may benefit users looking to regain lost flexibility or undergoing rehabilitation after a workout injury.

## Bridge – Back Bend Power Flows for Spinal, Cervical, and Anterior Pelvic Tilt

The eight-minute follow-along routine is designed to strengthen and improve shoulder mobility. In addition, it can reinforce and make flexible the abdominal walls and power up the lower back. The Hyperbolic Stretching program creator recommends performing the routine until you achieve a perfect bridge or back bend, posing for

at least two minutes. The bridge poses to strengthen 85% of the muscles. Additionally, it can amend posture misalignments, including forward neck posture, hunched back, and anterior pelvic tilt.

## Features of the Hyperbolic Stretching Course

The Hyperbolic Stretching program uses a structured home approach. You do not require any special equipment to perform the stretching poses.

[The Hyperbolic Stretching program is ideal for all ages and body types.](#) Alex Larsson boldly claims that it can help stiff individuals achieve total flexibility.

The program is beginner-friendly and can activate self-recovery. The four-week program promotes the growth of strength and flexibility in a non-invasive manner.

The Hyperbolic Stretching program does not incur any monthly fees. You can play the videos using a PC, tablet, or smartphone.

Users get lifetime access to the program. You can replay the stretching videos anytime you wish.

# Facts about Flexibility

You must train the central nervous system to stretch the muscles.

It is best to train the muscles at least three times a week

Stretching the same muscles daily decreases their flexibility

Combining muscle strength and flexibility workouts provides you with better results

## Pricing

The Hyperbolic Stretching program by Alex Larsson is only available through the [official website](#). Customers obtain the video program via email for only \$27! You can view the program from anywhere and on any smart device. Customers get lifetime online access to the videos. A 60-day money-back guarantee protects your purchase. If you have any questions, you can use the contact form on the official website or follow the links in your introductory email to contact customer service.

## Conclusion

Hyperbolic Stretching is a digital program claiming to enhance your flexibility and fitness. It combines strategic training guidelines and specific set/rep exercises to enhance your stretch reflex. According to the creator Alex Larsson, the eight-minute videos are designed to augment your flexibility safely.

Hyperbolic Stretching can boost muscle strength, relieve joint stiffness, correct wrong postures, improve blood circulation, and enhance overall wellness. You do not require equipment or a partner to perform the stretching poses. The program is purportedly for all age groups and body types. Hyperbolic Stretching is accessible anywhere in the world. A 60-day money-back guarantee protects your investment. [Visit the official website to learn more today!](#)