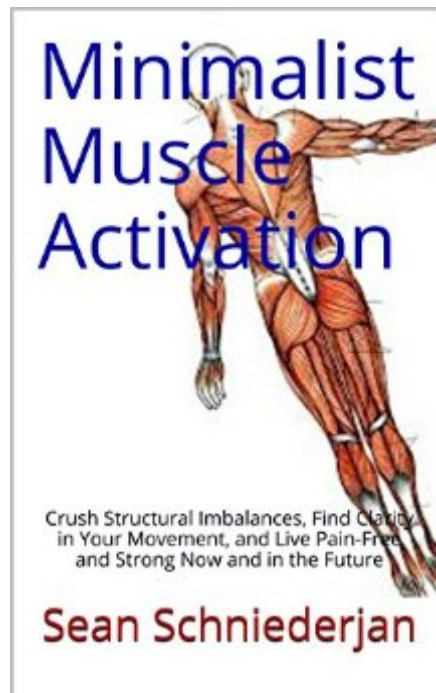


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# Minimalist Muscle Activation: Crush Structural Imbalances, Find Clarity In Your Movement, And Live Pain-Free And Strong Now And In The Future



## Synopsis

"...effective, useful, and surprisingly easy." - verified purchase "...I turned off nagging muscle pain in one day using this info" verified purchase

Muscle Activation is one of the easiest and most effective corrective exercises you can do to improve your body's structure, fix your weak links, eliminate tight muscles, live pain-free, and even promote sexual health. Yet, the world's largest seller of E-books, has 100s of stretching books and only a handful of highly specialized books on activation (upon this writing). A minimalist, no equipment required, muscle activation book didn't exist, until now. Sean Schniederjan discovered muscle activation when a simple activation exercise fixed his completely dead left hip/leg with chronic knee pain on the spot. Five years later, Sean has helped tens of thousands of men and women to learn simple activation exercises to help improve their bodies and lives. This book will show you how to activate most or all of the muscles in your body below your head without equipment. This book uses pictures to show you exactly what to do. It is not overly technical. You'll discover fascinating stories about people who've improved their bodies and lives - from eliminating nagging pain, doing a rock bottom pure bodyweight one-legged squat on the spot, and a group fitness class all PRing on the deadlift - using minimalist muscle activation exercises. Minimalist Muscle Activation is Sean's most comprehensive book yet. It covers the neck, top-front-back-sides and bottom of the core, hips/upper legs, shoulders, elbows, knees, wrists, ankles, hands and feet. There are A LOT of exercises in here. You will learn how to activate most or all of the muscles that move these joints. Once you learn these movements and exercises, you own them. They are easy to remember once you see them. You can use them to help you now or to help an unforeseen problem years down the road. Some benefits of Minimalist Muscle Activation are:

1. Quickly Relax Tight Muscles
2. Quickly Fix Weak Links In Your Structure
3. Easy to Do - Learn How to Activate All or Most of Your Muscles Without Muscle Charts
4. Serious (Even Professional) Younger and Older Athletes use Activation to move better, not to mention casual athletes
5. Non-athletic People Use it to Improve Joint function and Minimize Aches and Pains
6. Improve Your Circulation and Sexual Health
7. Improve Neurological Connection between Brain and Muscle
8. Clarity in Movement - Solve or Improve your Musculo-skeletal Mysteries. You will learn a lot about your body with little effort.
9. Balance your Body and Movement
10. Improve and Solidify your Mobility - Do Exercises You Couldn't Do Before
11. Improve Your Fat Loss Efforts Through Better Muscle Function
12. Create More Wellness Independence
13. Fix or Improve Your Bad Posture
14. Can Help Problems Now and unforeseen Problems You'll Encounter Years From now
15. Lift heavier weights by eliminating weak links in your body...and More

Minimalist Muscle Activation is activation for the 21st Century. It is easy. You don't need equipment. You will feel a difference.

## Book Information

File Size: 24315 KB

Print Length: 176 pages

Simultaneous Device Usage: Unlimited

Publisher: Strength Productions, LLC (May 30, 2016)

Publication Date: May 30, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01GEZ0CQG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #25,704 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 inÂ Kindle

Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain

Management #31 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain

Management #3368 inÂ Kindle Store > Kindle eBooks > Nonfiction

## Customer Reviews

No doubt this book popped up for me because I have spent a lot over the years on a wide range of products in the health and fitness space. I am always on the lookout for tips that can help myself or my loved ones with a range of issues. First let me say Sean is right, there is a real lack of material out there on muscle activation, You will find a little info here or there, Usually when somebody shares something that solved a problem for them, their friends, family or clients. Nobody has tried to put a full package of exercises for a general audience at a reasonable price. I never heard of Sean before, never read any of his books. When this popped up for me and I saw he was attempting to put together a book that gave you muscle activation exercises for the whole body and at a great value price, I jumped on it right away. 5 stars for value. He has succeeded in giving a solid range of activation exercises at an amazing price. Exercises are well explained and illustrated. Pictures are generally very clear, There is no guarantee that muscle activation will help you, If you are trying to solve a chronic pain or performance issue and you don't know about muscle activation, you should give this book a try. For a small price and an hour or two of your time to read it and try the

exercises, you can add another tool to your health and wellness toolbox, That is never a bad idea and maybe you will find just the thing you have been looking for. Thanks Sean, great effort. Well played sir.

A topic that needs a lot more attention. I turned off nagging muscle pain in one day using this info

This book is about activating muscles and I certainly learnt a lot from it. Though I didn't have a particular weakness that needed addressing, I use this method for its general benefits. I find that it wakes up my body and makes me stronger in a very low impact way. The exercises are grouped together - eg knees and elbows, wrists and feet. This is fine if you're going to focus on one area, but I wanted a whole-body routine so I sorted them into head-to-toe order. There are about 120 exercises each taking about 5-10 seconds. The whole routine takes me about 25 minutes. I memorised it using Anthony Metivier's memory palace technique and this makes the routine much more fun and fluid. The book is full of spelling mistakes - more than I could count - but the content is still very valuable.

Not much nuts and bolts instruction. Mostly theory and principle. I'm not saying this was bad or inaccurate info. It just not immediately useful for the layman.

An unusual and different way of dealing with tight muscles that is effective, useful, and surprisingly easy.

Too much talk about things other than the actual activations, then the activations seem rushed and lack enough clarity to make much use of them.

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