HOW TO USE THIS BOOK

You can achieve every exercise in this book at home and without the need for equipment. I suggest using mats, carpets, rugs, blocks, books and chairs in some exercises to make them a little easier but there's nothing to stop you starting right now! It's all about your body.

Half the exercises in the book are static and half are slow and controlled movements that help you to develop strength and flexibility in the right places. Working at this pace gives you time to focus on being fully conscious, as well as allowing you to find flaws and weaknesses in your movement.

The book contains nine "moves" that you have a lifetime to master. However you need to complete 10 minutes a day. Every day! Each move is made up of ten support exercises, arranged by level of difficulty, 1 being the easiest and 10 the hardest. and each support exercise is subdivided into a 1-minute controlled movement and a 1-minute static hold.

CHECK YOURSELF BEFORE YOU WRECK YOURSELF

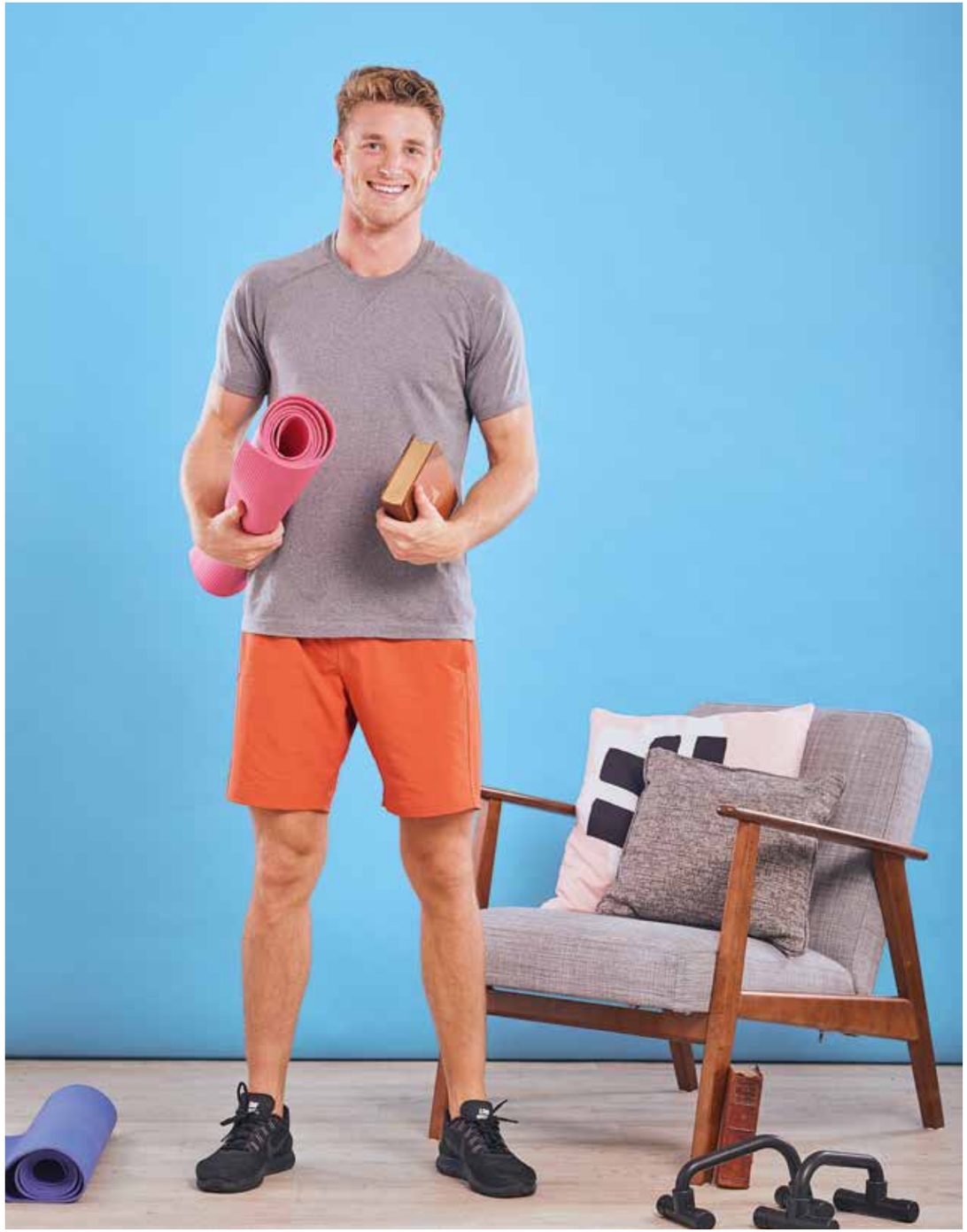
Freeze! Right now! Don't move a muscle. Now, check yourself. What is your body doing in this current position? How are you holding your foot, neck, hands, feet? Are you leaning to one side, forward or back; left or right? Don't judge or try to change it, just notice it. This is your default position in this moment in time. Get used to identifying all these postural habits because it will give you a good idea of what to look out for when training. REMEMBER: stay conscious of your body as much as you can. The more aware you become of your body outside of training, the more aware you'll become during training, too.

BEFORE YOU START

The first thing you need to do is to find what level you're at with all nine moves. Start at exercise 1 and see how many support exercises you can complete within each move before the movement or hold becomes unachievable.

The support exercise before the one that becomes unachievable is your current level of ability and you should practise this exercise until you can achieve it for the required time before moving onto the next support exercise. By the time you complete the support exercises, you will be able to tackle the move shown at the beginning of each chapter.

Keep track of your ability as you work through the exercises. For example, in the Overhead Squat, if I can get my heels to the floor but I can't yet stay there for the full minute then I will work on support exercise 4. The Overhead Squat is move 1. The support exercise is number 4. Write it down like this... **1/4**.



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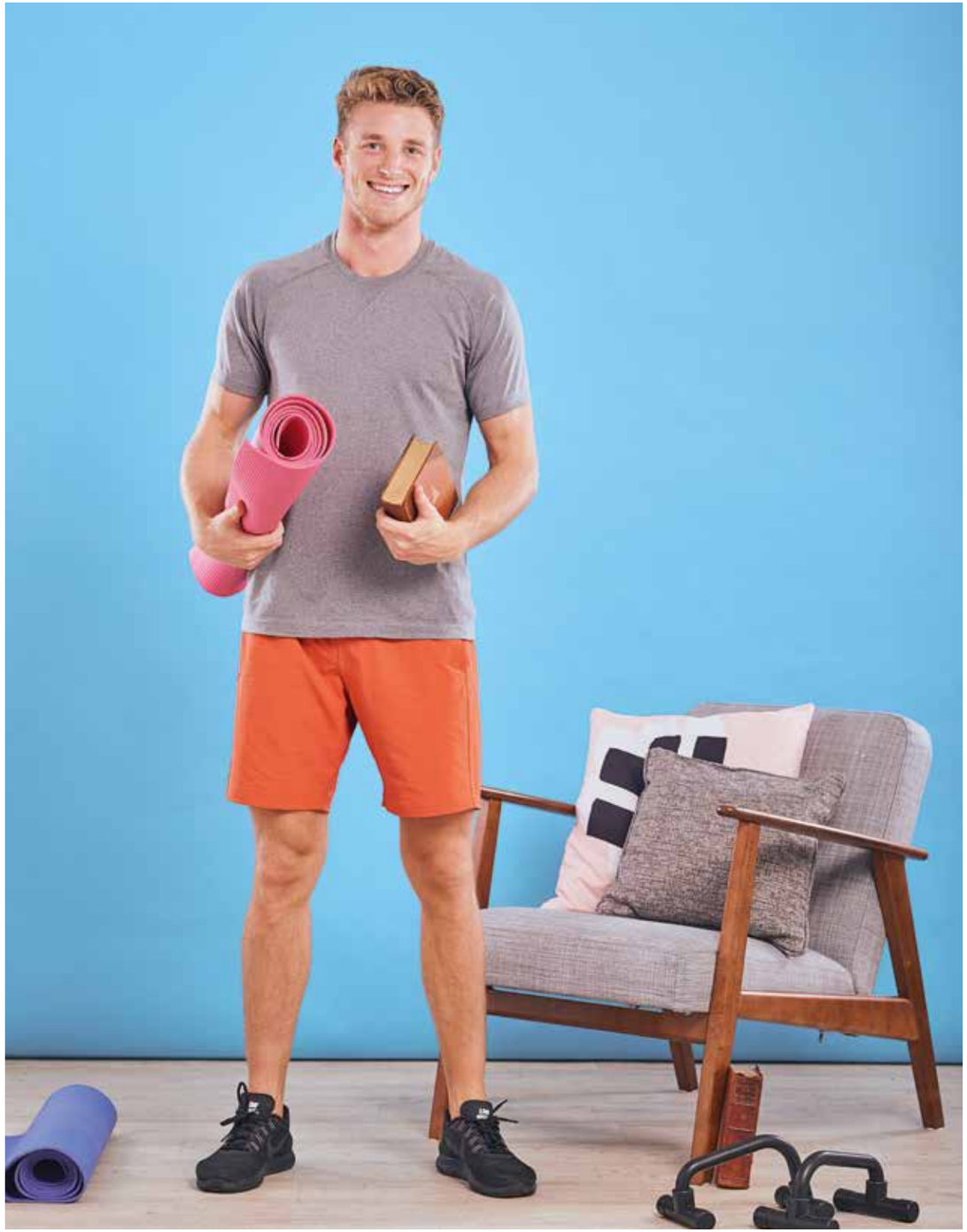
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YOUR MOVEMENT PLAN

You've picked up this book – CONGRATULATIONS! This is a movement plan for life. By following the exercises in this book for just 10 minutes a day you will keep your body healthy and mobile.

DAILY TRAINING

Aim to complete 10 minutes of exercise altogether. That's all – 10 minutes. To make up those 10 minutes, choose five exercises from the book and perform a 1-minute movement and a 1-minute hold for each. Choose support exercises that you are able to complete. If you can't complete either the movement or the static hold, you need to step back to an earlier support exercise that is manageable for you. Don't rush. Slowly, your movement will improve so that you can then challenge yourself to progress to the next step. Don't skip steps or kid yourself you're there when you're not. If you have mastered an exercise, you'll be able to hold the exact position for 1 minute without moving. Only at that point are you ready to move on.

BUILD YOUR WEEK

Using the chart opposite, build your own personalised week of training. If you followed the instructions on page 6, you should now have nine exercises written down that you need to work on, each containing a 1-minute movement and a 1-minute hold that looks something like this; **1/4, 2/3, 3/5, 4/2, 5/4, 6/4, 7/1, 8/3, 9/1**. Now write these into your chart on the right day.

REMEMBER: the second number is personal to you depending on what support exercise you are on. Write down your first move/level on the day you are going to start.

For example, if I'm starting on Tuesday my five entries will be: **1/4**, **2/3**, **3/5**, **4/2**, **5/4**. This will be your 10-minute training for Tuesday. Your Wednesday will continue like so: **6/4, 7/1, 8/3, 9/1, 1/4**. (See how you continued back to move 1 again.) Keep repeating this until your chart is completely full! This will set you up for your training for the next 7 days.

5 EXERCISES x 2 MINUTES = 10 MINUTES A DAY

As you work through your movement journey, you will find you progress and your ability improves so after a few days, weeks or months **1/4** becomes **1/5** and you'll need to edit your chart as this happens.

Don't read any further until you have your plan for the next seven days in place. Remember you're only committing to 10 minutes a day. (That's around three advert breaks.)

Let's get moving!

	1.	2.	3.	4.	5.
Monday	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____
Tuesday	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____
Wednesday	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____
Thursday	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____
Friday	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____
Saturday	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____
Sunday	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____	Move / Level _____/_____

(You might want to photocopy this page before you write in your chart. If you need a spare copy there is a free PDF at www.roger.coach.)

QUESTIONS TO ASK YOURSELF

Did I feel anything in my body?
Can I name the movement as either "good feeling" or "pain"?
What level of intensity was the feeling or pain?
Was the exercise challenging enough?

THE FRAMPTON METHOD

In these next pages, I am going to explain why exercise is not what you think it is. I'll explain why conscious, slow, deliberate movement is the way to get your body back. But first, what is the Frampton Method?

» I believe that as kids we all taught ourselves to move perfectly.

» I believe the key to wellness is relearning how our bodies were designed to move.

» I believe the pain we feel in our bodies will dissipate as a result of moving like we once could.

» I believe we should all be able to access the hidden potential our bodies hold...

I also believe that the best results take time. The Frampton Method is not a quick fix. It is a programme of training for long-term benefit. Imagine being in a maths class as a kid and the teacher setting a test, then screaming "Go! Go! Go!" You might complete the paper, but have you sacrificed the quality of your work and used your full capacity? Or, do you have a sense of relief that it's over? The skills that teach you how to hold yourself in a Headstand are techniques worth learning properly and then applying consciously. They are the foundations of how your body moves and works at its best. If you take the time to learn and apply them, you get the best results.

USE IT, OR LOSE IT

Think of the stiffness you see in the older generation as they walk around you – do you think that was how they were born?

Think of your own range of movement compared with how you could move as a child, or even a mere 10 years ago.

The fitness industry's answer to our stiffness is to get us out and about and moving... I agree. However, we do not need to move *more*! If we simply move more, we'll just repeat the same movement patterns over and over again that led to our restricted movement in the first place.

Rather than moving more, each of us needs to move as our bodies were designed to move. We need to reverse engineer the process to reinstate the full range of movement before it disappears forever.

Move better and more regularly and you will:

- Burn fat
- Improve health
- Feel confident
- Avoid injury
- Lose weight
- Live longer

The Frampton Method is a "movement first" philosophy. Exercise is a "learning" process, measuring progress through your understanding of how your body moves best and applying that understanding appropriately. My aim is to teach you how to hold specific body positions and to be able to move as you once could.

Think of it like this:

If your house were burgled, you could try to find the perpetrator, knocking on doors, but leaving your house as susceptible to burglary as it was before. Or, you accept that it's happened and set about tightening up security so that it doesn't happen again.

Now apply this analogy to your body. You have an injury or pain. You can either knock on the door of every doctor or specialist and try to find a quick fix, or you can accept that it's happened and set about making your body the most resilient it can be so that you can move without pain again.

The catalyst for your pain is a poor pattern of movement.

The Frampton Method teaches you patterns of movement that have long-term benefits for your body. It is a masterclass in the essential movements we were born with, combining elements of gymnastic fundamentals with using the full consciousness of the mind.

I strongly believe that you will need nothing other than your own body (and patience, awareness and – okay – perhaps a few household props) to transform your ability to move. It's time to stop looking for excuses and unveil the true power of your phenomenal machine: the human body.

PAIN PROTECTS YOUR SPINE!

The most important training tool in your learning is your spine. Consider the possibility that the body is essentially just the spine and each segment of the spine is designed to move in a particular way.

If a segment of the spine were to "lose" its ability to move in the way it was designed to move, something further down the chain must be affected. The spine cannot lose function; it is the body's utmost priority, to be protected at all costs.

So, when you feel tight hamstrings, lower back pain or neck pain, the feelings and symptoms are all just clever compensation mechanisms that your body is using to protect the spine to keep you functioning.

In other words, your body will happily pay the cost of a shoulder or hip injury in order to protect your central movement mechanism: the spine. Any pain you feel anywhere in the body is there to keep you moving and keep you alive.



THE FRAMPTON PHRASEBOOK

Here's the list of terminology I'll be using throughout the book. It's important that you read this to understand the concepts otherwise it's highly likely you may get a little lost.

MOVEMENT Quite simply this is the exercise you are practising. That is all it is. If I use the word fitness, you might think I mean weight loss, a "leg day", workouts, cardio. I'm not referring to any of this. As I've said before, four-year-olds don't need these labels, and seeing as we're aiming to move like a four-year-old, neither do we. You were born with a perfect body and your goal is to use movement to regain and then maintain that body.

CONSCIOUSNESS This is your complete focus and awareness. Training with a watchful eye will catch the body out when it slips into a painful or harmful pattern of movement. Consciousness makes sure you make adjustments to correct yourself.

SENSATION This is the feeling that you feel when you are doing any movement. You need to be present, conscious, mindful and alert to feel individual sensations. When you've felt it, you have to label it mentally – identify it as good feeling or compensation (pain).

COMPENSATION (PAIN) Compensation is a painful feeling you're most likely to experience in your knees, elbows, shoulders, hips, neck or lower back – the bony bits. You might, for example, feel a pain in your lower back when you do a Bridge exercise – as an example, the compensation could be a result of having tight shoulders or it could be from having tight hips or in fact any restriction elsewhere in the body. Where the restriction occurs isn't important. What's important to grasp is that what you're feeling is a result of something else not moving as intended – that is, a compensation. Most people describe compensation as a harsh pain that sends the message, "Don't go here!" It's telling you to stop. Nothing good will ever come of you working into this painful sensation, but please don't get the wrong message that the sensation is bad. It's just a warning. As soon as you feel it, pause. If you feel pain in your knees when you squat, change the movement until you find good feeling or no pain. You may need to change the movement several times.

GOOD FEELING This is the feeling most of us feel down the back of our legs when we keep our legs straight and try to touch our toes. It's usually a muscular sensation that seems to stop you from going any further. Although uncomfortable, it is beneficial for long-term improvement. You will also come across good feeling when doing, say, the Front Support. This is a feeling that most will describe as a burning or fatiguing sensation. Again, although uncomfortable, a conscious burning sensation is necessary for long-term improvement.

RESTRICTION This is an area of the body that has become tight over a period of time. In order to survive, the human species has to adapt. In the process, we lose functions that we no longer need. In terms of movement, if you persistently use a chair rather than the natural squatting position, your body will lose access to the squat. As kids we could all bend over, legs straight, and place our palms on the floor, but now most of us can no longer even touch our toes. The body has shut down what it's not using. That's restriction.

In my opinion, there are three main culprits when it comes to restriction: shoes and tight clothing, chairs and screens. In turn, being restricted in movement causes four main problems: weight gain and even obesity (owing to lack of efficient output); lack of mobility, flexibility and strength; poor posture, injuries and pain; depression or a lack of self-worth.

However, remember that the solution to restriction is not to *move more*; it's to strip back and learn (or relearn) how to *move like we used to*. To do this, you'll hear me talk about "derestriction". Don't worry, I'm not going to ask you to start walking around in bare feet, loose clothing and quit your job to squat in public like a four-year-old. You're just going to learn where you have become restricted.

NEURAL PATHWAY Do you remember learning to stand up? Don't worry if you don't. For the majority of us this was a thing that took months and months of practise before we could stand without thinking abut it. The neural pathway I sometimes refer to in this book is essentially the connection between the brain and the body during a specific movement. Some people call this "muscle memory". Like learning to stand, crawl and walk, the movements in this book need to be learned. The best things take time!