AN ANTISTRETCHING WORKOUT
Painlessly shorten your arm.

THE SETUP
Most workouts are designed to lengthen and stretch the muscles and tendons of your body. This is an exercise that does just the opposite. Or so it appears.
You will need:
• a wall
Face a wall and position yourself so that the fingertips of an extended arm just touch it. Keep your arm straight, and in a single motion swing it down and behind you, then back up to its original position. Your fingers are now unable to make contact with the wall. Honey, I shrunk your arm!

INSIDER INFORMATION
Relax. Your arm has not really shrunk. When you swing it behind you, you unconsciously lean backward. For some unknown reason, your body does not return to its original position when you swing your arm forward. Now try the exercise again. Even though you know what happened before and why, it doesn’t matter. You’ll get the same “short arm.” You can’t override your unconscious sense of balance