

## How can I increase my flexibility ?



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Do you consider touching your toes as an unthinkable fantasy?

If you consider touching your toes as an unthinkable fantasy that will never come to a resolution. The exercises in your workout combined with, hydration, nutrition and lifestyle choices can have a huge impact on your flexibility. That's right. Enhancing your bending ability is crucial for more than just preventing injury. In fact, flexibility training is a paramount aspect of gaining strength and required size. Proper flexibility also goes hand in hand with a full range of motion exercises like deadlifts & squats, which are major [muscle builders](#).

You don't have to set your body in an oven or bent-over toe-touches for hours and hours a day to gain some flexibility into your limbs. Follow the following tricks and win the game.

The Tricks and techniques to Improve Flexibility:

Rather than taking a haphazard approach to improving your flexibility, follow the rules set below to gain new ranges of motion and prevent poor posture.

[Read full article](#)

## POSTED BY

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At [PowerMax](#) we are passionate about exercise and wellness. Fitness is of the utmost importance in this day and age. More and more of us lead more sedentary, office based lives as computers dominate many professions. Our goal at PowerMax is to Spread fitness awareness and get you fitter by making it as easy and as fun as possible for a longer, healthier, happier life.

Three areas that we focus to help us achieve our goals are :

- »Fitness Centres
- »Commercial Gym Setup
- »Fitness Equipment Stores

Fitness Centres

We offer world-class fitness Centre that includes state-of-the-art cardiovascular equipment, toning circuits, free weights, indoor cycling studios and aerobic studios. With certified trainers and nutritional counseling, PowerMax provides a comprehensive approach to the health and well being of its member. Whether your goal is to burn fat, tone or add muscle, build strength, increase flexibility or improve your cardiovascular health, only PowerMax has the atmosphere and experience you need.

### Commercial Gym Setup

At PowerMax weve built up a huge base of fitness knowledge and experience to help you in providing finest equipment and setting up premium gyms and health clubs.

### Fitness Equipment Store

In just 8 years Powermax Fitness has become one of the Indias leading home fitness equipment retailers and we offer free next working day delivery on many items. Whether you want a top quality treadmill, cross trainer, cycles, or multigyms to dumbbells, barbells, weight benches, gym balls, and much more besides for the home or Gym, or whether you want help with a routine, or even a few small but important accessories, PowerMax are here to help.

At Powermax we strive to ensure you get the maximum product for the minimum price. We ensure the products supplied are suitable for your specific requirements.

Our fitness showrooms are filled with equipment with the intention for you to jump on, try and compare between models.

We want you to spend the time with us and the products, finding just the right piece that will fit your needs and your budget. And dont worry about the sweat. Well clean the machine up for the next guest and hand you a water bottle to help cool down.

We are one of the most leading suppliers of Fitness Equipment in Mumbai, India. We have retail network in Mumbai, Goa, Pune & at other places in India.

For more details, please visit <http://www.indiafinder.in/detail/powermax-fitness-india-pvt-limited-3707>