

**ADVANCED EXERCISE**  
**TECHNIQUES**  
**&**  
**VARICOCELE**

**1<sup>ST</sup> EDITION**

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## DISCLAIMER

I do not endorse any of the mentioned advice, products, or services. By continuing, you agree to use anything mentioned in this guide completely at your own risk.

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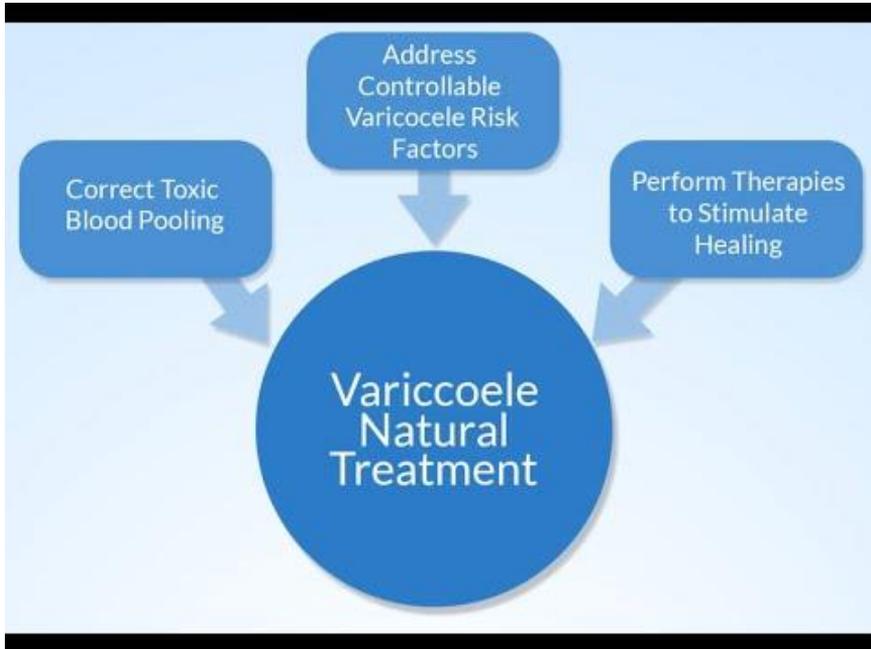
## INTRODUCTION

This is a brief guide for advanced exercise technique and muscle activation to improve posture, minimize internal abdominal pressure, and help reduce exercise stress on varicocele for those with varicocele.

For a comprehensive **varicocele natural treatment plan**, visit my website: [www.varicocelehealing.com](http://www.varicocelehealing.com).

**Note:** We start with the basics and go on to the more and more advanced. The advanced techniques build on the basics, so don't skip the earlier chapters.

## VARICOCELE NATURAL TREATMENT WORKS



**Note:** Varicocele natural treatment is about 1) Making specific lifestyle changes, 2) Treating varicocele toxic blood pooling, & 3) Recovery strategies to stimulate healing.

## THORACIC EXTENSION

Now, you have to be cautious every time you give postural advice, because no one advice will apply to everyone. Advice for movement mechanics is generally okay, but postural advice is much more specific. So, you have to know your own body and see if you generally lack thoracic extension.

That being said, many people do lack thoracic extension, and would benefit from not just performing it during physical activity, but also when sitting and as a general cue for improving their posture.

### **BENEFITS**

- Improves posture
- Reduces intrabdominal pressure (especially minimizes pushing the abs down and out)
- Reduces nutcracker effect for varicocele

### **HOW TO PERFORM**

#### **Thoracic Alignment**

1. Flex abs to prevent lumbar hyperflexion
2. Lift chest up to attain thoracic extension

JEFF CAVALIERE – THORACIC EXTENSION & MOBILITY



**Note:** For exercises like squats and deadlifts, some thoracic extension is likely beneficial, however, this demonstration is more for mobility purposes. For maximum stability and best spinal tension distribution, you should accompany a mild thoracic extension with tight abs, glutes and hip flexors.

## CHIN TUCK

### INTRO

It seems that there is a lot of confusion about what the best alignment is for the neck. First, we do have to recognize that different sports and activities have unique demands. This means that you will likely see and be recommended different things depending on the activity type.

That being said, the chin tucked neck posture is a great way to bring strong alignment to the neck, improve spinal stability, and correct postural imbalance—all of which are great for varicocele.

### BENEFITS

- Helps overall spinal alignment and strength
- Improves posture
- Minimizes excessive abdominal pressure
- Treats neck (cervical) impingement

### HOW TO PERFORM

#### **Chin Tuck**

1. Thoracic extension
2. Pull head back (not active)
3. Tuck chin down

**Note:** Perform movements without strain; nice and easy does it.

## CHIN TUCK – HOW TO PERFORM



**Note:** This is a full range of motion chin tuck. When sitting, and exercising, you want to perform the chin tuck only until you attain a neutral neck posture. A full range of motion chin tuck should only be used for strengthening and mobility purposes.

## HIP TILT

### INTRO

Knowing about hip tilt is one of the fundamentals of physical activity. An anterior tilt (forward tilt) is aided by the hip flexor and spinal erectors. In contrast, a posterior tilt is aided by the hamstrings, glutes, and abdominal muscles. The muscles act antagonistically and therefore their antagonist activation is critical for hip & spinal stabilization.

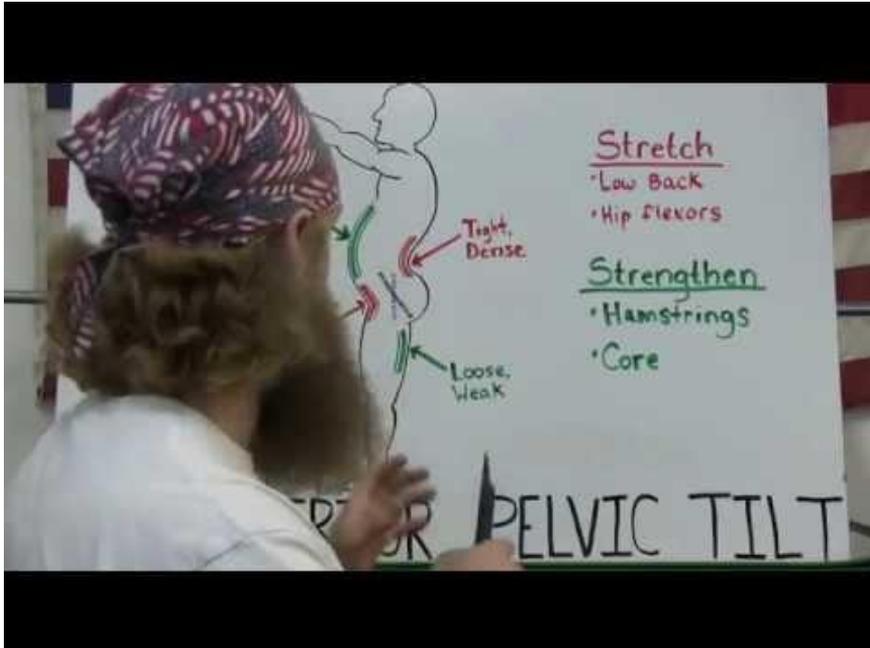
### BENEFITS

- Can perform other exercises with more power and minimal risk

### HOW TO PERFORM

1. Simply be cautious of which direction your hips are tilted
2. Stabilize your hips and spine by activating all of the outlined muscles

## HIP TILT - TRAIN UNTAMED



**Note:** This is a great education video on hip tilt and posture.

## GLUTE ACTIVATION

### INTRO

The glutes are known to be the power house of the body. Proper glute activation is critically important in all heavy lifting activities. Most people already understand the benefits of glute activation, so likely little needs to be said here.

### BENEFITS

- Stabilizes the lumbar spine
- Increases power output
- Aids in attaining a neutral spine

### HOW TO PERFORM

1. Simply active your glutes

### NOTES

#### **Learn How to Activate Your Glutes**

You can learn glute activation by performing the glute tuck exercise. While standing, twist your knees out, push your hips forward and flex your butt muscles.

Typically, a posterior pelvic tilt helps engage the glutes, however you should be able to activate the glutes with the antagonist action of the hip flexors when in anterior tilt.

GLUTE ACTIVATION – SOME TECHNIQUES



**Note:** Remember to maintain tight abs and thoracic extension during glute activate exercises.

## HIP FLEXOR ACTIVATION

### INTRO

Actually, nearly no one even knows what hip flexor activation is, nor how to activate their hip flexors. However, similar to the glutes, the hip flexors play a pivotal role in lumbar and spinal stability.

If you learn glute activation, it is irrational to not also learn hip flexor activation! Hip flexor activation is both fundamental and completely overlooked. Adding it to your repertoire of techniques will make a dramatic difference in your outputs.

### BENEFITS

- Enhances lumbar and spinal stabilization
- Fully activates hips for maximum more power and stability

### HOW TO PERFORM

1. Pinch in the front of the hips to activate the hip flexors
2. Flex the glutes and lower abdominals to counteract the pull on the hips and spine

### NOTES

#### **Learn How to Activate Your Hip Flexors**

1. Lay on your back
2. Put your feet straight up on the wall
3. Pull your feet straight away from the wall
4. You should feel activation at the front of your hips

#### **Hip Flexors & Varicocele**

- Note that hip flexor (especially psoas) tightness may be associated with varicocele symptoms.

HIP FLEXOR ACTIVATION AND SPINAL CONTROL



**Note:** Good overall tips. Really feel the front of your hips (your hip flexors) activate!

## PERFECT TECHNIQUE

### INTRO

With the massive availability of quality and free information, you'd think that any exerciser or weight lifter would automatically go to YouTube to do a quick search for "... perfect technique".

It is almost shocking that that now you can get amazing advice from the best coaches and athletes across the planet! We're talking about technique for swimming, biking, sports, weight lifting, yoga, strength training, functional movements, and pretty much anything else you can think of. It's all there for you to access.

### BENEFITS

- Minimizes overall exercise stress and risk
- Maximizes exercise benefits
- Reduces pressure and stress on to the varicocele

### HOW TO PERFORM

1. Go on YouTube
2. Search "perfect [keyword] technique"
3. Watch top 10 videos

## EXAMPLES

[Perfect squatting technique.](#)

[Perfect deadlift technique.](#)

[Perfect bench press technique.](#)

[Perfect running technique.](#)

**Note:** Some videos are great and some suck. Stick to the ones that give more technical and specific advice. Just because someone looks great doesn't mean they are a good instructor nor that they're doing everything perfectly.

## LOWER ABDOMINAL TUCK

### INTRO

We have many muscles and tissue that wrap around and compress our lower abdominal region. This is called the lower abdominal belt. It's important for the lower abdominal belt to have good tone and strength, or else we end up with protruding abdomens and pressurizes lower torsos—which is terrible for varicocele. As it also turns out, activating this region (along with glute activation) is critically important for counterbalancing the pull of the hip flexors on the lumbar spine.

### BENEFITS

- Reduces waist size
- Minimizes pressure in lower torso

### HOW TO PERFORM

1. Pull lower abs in and up
2. Tighten all of your abdominal muscles

**Note:** Unfortunately, I couldn't find any videos on this. I'll make later myself.

## HIP HINGE

### INTRO

The hip hinge is a fundamental movement that helps maintain a neutral and stable spine while bending. The problem with the hip hinge is most people deactivate their hips and lose lumbar stability while performing it. It's not just about tilting the hip and the spine together. You need to activate the right muscles to create the strength and stability.

### BENEFITS

- Stabilizes lumbar spinal-trunk region
- Minimizes risk of injury during bending movements

### HOW TO PERFORM

#### **Initiation Hip Tilt**

1. Engages hip flexors to initiate the lumbar tilt
2. Simultaneously engage glutes (outward knee rotation) to make room for hip hinge
3. Bend at the knees as needed

#### **Hip Hinge**

1. Maintain hip flexor and glute activity throughout ROM

#### **Note**

1. How stable and strong your stance is naturally places a major role in the stability of the movement

## HIP HINGE



**Note:** Maintain the neutral and stabilized spine for maximum power. Notice that he also activates his hipflexors to begin his hinge hip hinge and is continece of his glute activation.

## CORE-BRACING

### INTRO

Most people think that core-bracing is just about flexing their abs. And for beginners, that's great. However, we can do better. Advanced core-bracing couples the breath, lower abdominal activation, as well as pelvic floor and diaphragm bracing together with back-bracing into one solid and powerful unit.

### BENEFITS

- Evenly distributes intrabdominal pressure (benefits for varicocele and hemorrhoids)
- Stronger technique with minimal risk for spinal injury

### HOW TO PERFORM

#### **Breathing**

1. Inhale & hold breath
2. Exhale through pursed lips

#### **Diaphragm Activation**

1. After you inhale, press down with your diaphragm

#### **Abdominal Bracing**

1. Flex abs
2. Flex and pull up the lower abs

#### **Pelvic Bracing**

1. Flex pelvic floor and urinary muscles

## THE GOD OF CORE BRACING



**Note:** His advice is likely better than what I can say.

## BACK-BRACING & SPINAL STABILIZATION

### INTRO

Back-bracing is very over-looked. Most people have heard that you should keep your abs tight when doing anything heavy, but actually most people don't even know that back bracing is just as fundamental as core-bracing.

### BENEFITS

Back-bracing is critical for proper spinal stabilization and core-bracing. If you do not perform a proper back-bracing sequence, you'll likely lose proper cervical, thoracic, and lumbar alignment. The benefits of back-bracing include:

- Strong spinal alignment and stabilization (benefits for varicocele and hemorrhoids)
- Ability to generate more power

### HOW TO PERFORM

#### **Erectors Stabilization**

1. Chest up
2. Head back
3. Chin down

#### **Scapular & Humoral Stabilization**

1. Pull shoulders back
2. Pull shoulders down

#### **Lumbar Stabilization**

1. Activate hip flexor
2. Activate glutes

## BACK BRACING ON SQUATS (THIS IS THE IDEA)



**Note:** The idea is to engage the spinal erectors, lats, and shoulder blades. This applies to many, many exercises.

**CONCLUSION**  
**&**  
**VARICOCELE NATURAL TREATMENT**

So, that's it guys. Again, if you're looking for the best varicocele treatment method that exists, then visit my website. I am the leader of the varicocele natural treatment initiative. My treatments are much better than surgery. I have helped thousands of clients now and will continue to provide the best resources for varicocele. Don't wait, start your treatment now: [www.varicocelehealing.com](http://www.varicocelehealing.com).

## GREAT RESOURCES

Here is a list of great resources you can use:

[My natural varicocele treatment programs \(they work.\)](#)

[My book on Amazon: For reviews, and hard-copy of the book](#)

[My FAQ page is actually helpful \(I've tailored it to over 10,000 email queries that I've personally answered.\)](#)

[4 Treatment Tips for Varicocele](#)

[Why you should Avoid Surgery \(Varicoceletomy\)](#)

[Why you should avoid varicocele supplements](#)

[How "Natural Treatments" Work](#)

Remember you can always [contact me](#) if you have any questions, I'm here to help.