

Forum:[Hack Forums](#)

Thread: [Does leg exercises in gym increases height?](#)

[Rn] 7s^2 - April 5, 2014, 12:29 pm

I remember I used to go to a gym few months ago. There was a guy with like 6'3"

I never saw him doing any exercises except legs exercises (NOT stretching but the one that we do with machines)

Every alternate day legs.

BTW after legs day (the other day), when I measure myself, i am 186, and normal days 183 to 184cm...

Which got me thinking whether it does increase or not?

Lbniese - April 5, 2014, 12:39 pm

No don't think it will increase your height.

Source: <http://healthyliving.azcentral.com/working-out-legs-make-longer-15921.html>

deluxe - April 5, 2014, 12:39 pm

No, but it does increase your weight! Please correct me if im not right

[Rn] 7s^2 - April 5, 2014, 12:49 pm

Thank you for the answers. :)

@tye Compound movement increases height which we get somewhat in BB.

First of all, its genetics of course. A dude I know in college sits at home all the time (with his computer and games) and he is 6'2"

Another dude who is in National Cadet Corps (NCC) is 6'2" too. His parents are NOT that tall.

First example is genetics.

Second example is exercises (compound movements) and good diet

Malekyth - April 5, 2014, 1:03 pm

No,there is no exercise that will increase your height.

leia - April 5, 2014, 1:08 pm

I have tried pilates and it has increased my height. It could also just be a random growth spurt. But seriously... it's good stuff. My friends got me into it.

Stretching is basically what you need, not body building.

Here's a link to a page I found with some good stretches:

<http://healthcumfitness.com/best-exercises-to-increase-height-naturally.html>

They're quite simple and quick stretches[10 mins max]. I do them when I wake up and before I

sleep. (I think just once a day is good enough though)

I wish you best of luck

[Rn] 7s^2 - April 5, 2014, 1:16 pm

@Malekyth People think that but it isn't true. It most certainly does increase your height if you still in teenage with proper diet and exercises. Anyway my question about leg exercises was answered by Tye, Lbniese and deluxe. :)

@Leia Thanks man. I'll definitely check it out. :)

Feminist - April 5, 2014, 1:17 pm

No, that's not how genetics work bro.

[Rn] 7s^2 - April 5, 2014, 1:18 pm

(Apr 5, 2014 01:17 PM)Feminist Wrote: [\[CITE\]](#) No, that's not how genetics work bro. Then can you explain in brief? :)

35 characters characters

Malekyth - April 5, 2014, 1:29 pm

(Apr 5, 2014 01:18 PM)vipulcoolrule Wrote: [\[CITE\]](#) Then can you explain in brief? :)

35 characters characters

We don't need to explain a thing, go pick a book by yourself.

If doing leg exercises would increase height then it would have already be known by now.

There is no thing you can do to increase your height normally (you can get some implant in you legs or do some leg surgery to get your legs bigger...)

(Apr 5, 2014 01:16 PM)vipulcoolrule Wrote: [\[CITE\]](#) @Malekyth People think that but it isn't true. It most certainly does increase your height if you still in teenage with proper diet and exercises. Anyway my question about leg exercises was answered by Tye, Lbniese and deluxe. :)

@Leia Thanks man. I'll definitely check it out. :)

You are so deluded to increase your height then you won't even listen to reason.

How the fuck can doing leg exercises increase your height?

What are you increasing? Toes muscles to gain some millimeters? How the hell doing leg exercises suddenly increase your height by 3 cm?

That's not how the body works, and this is a troll thread.

[Rn] 7s^2 - April 5, 2014, 1:34 pm

I didn't ask you to explain so why talk on the basis of other by using the word 'we'?

Yes maybe it doesn't increase. That's why I asked the question. Question answered. End of the talk.

Lexington Steele - April 5, 2014, 2:31 pm

(Apr 5, 2014 01:29 PM)Malekyth Wrote: [\[CITE\]](#) We don't need to explain a thing, go pick a book by yourself.

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You are so deluded to increase your height then you wont even listen to ration.
How the fuck can doing leg exercises increase your height?
What are you increasing?Toes muscles to gain some milimeters?How the hell doing leg exercises suddently increase your height by 3 cm?
Thats not how the body works,and this is a troll thread. op must have checked his height at night than when he first woke up the next day .

Sandman Slim - April 5, 2014, 2:34 pm

I play basketball, im 15y/old and 6'4 soooo, it can only be genetics

leia - April 5, 2014, 3:11 pm

Height is not just dependent on genetics guys. It is a combination of different things. Here is a quick list of components that factor into your height:

- genetics
- diet
- diseases/disabilities
- exercises

Some good exercises include:

- Stretching[1-2 times daily][Forward bend, Cobra stretch, pelvic shift... etc]
- Yoga
- Hanging [seriously... just hanging from like a pull-up bar or something] (at least 30 mins a week)
- Pilates [The Hundreds, Scapular Isolations, Breast Stroke Prep]
- Swimming
- Skipping/Jumping
- Playing Basketball[not a coincidence that they're all tall][it's because of the jumping]
- AND SLEEP["It is during deep sleep that your growth hormone performs its operation of solidifying and lengthening your bones."]

This was a summary. Read more here if interested:

<http://healthcumfitness.com/best-exercises-to-increase-height-naturally.html>

Also, about me:

I am a female and I started stretching and doing pilates exercises for a martial arts class. Neither of my parents are tall. I was very short[5'1] when starting the class about 8 months ago and am now [5'4]. I however only started stretching twice a day about three weeks ago but I already feel a lot better throughout the day. Before, I would only stretch during class which was twice a week.

UNDERWIRE - April 5, 2014, 3:19 pm

Nope, height is 90% genetic, and 10% diet. You won't hit your full height if you're malnourished. The reason you're taller some days and shorter on the others is because your spine decompresses as you sleep, and you're at your full height after waking up. Throughout the day you might lose roughly an inch. People really like to try and use the whole spinal decompression thing, and claim that squatting puts too much pressure on your spine, ect. It's all bullshit though.

Essentials - April 6, 2014, 9:03 am

(Apr 5, 2014 12:49 PM)vipulcoolrule Wrote: [\[CITE\]](#) Thank you for the answers. :)

@tye Compound movement increases height which we get somewhat in BB.

First of all, its genetics of course. A dude I know in college sits at home all the time (with his computer and games) and he is 6'2"

Another dude who is in National Cadet Corps (NCC) is 6'2" too. His parents are NOT that tall.

First example is genetics.

Second example is exercises (compound movements) and good diet. Leg workouts will not increase height. Like you said I know a guy who is a gamer and has never went to the gym and is 6'7"

Rooter - April 6, 2014, 4:07 pm

Lifting does not increase or decrease height.

Sutorimu - April 6, 2014, 4:11 pm

(Apr 5, 2014 12:39 PM)DELUXE Wrote: [\[CITE\]](#) No, but it does increase your weight! Please correct me if im not right

No shit it increases weight if you build muscle, unless you fat and turning the fat into muscle.

Lexington Steele - April 6, 2014, 4:52 pm

(Apr 6, 2014 04:11 PM)Sutorimu Wrote: [\[CITE\]](#) No shit it increases weight if you build muscle, unless you fat and turning the fat into muscle. can you explain to me how your body turns fat into muscle ?