

**S.V. Potapkin, I.Yu. Kukharskaya**

## ***HOW TO OVERCOME OUR ANCESTORS' HANGOVER***

***or***

### ***A SOFA FOR A DRILL***

#### **ABSTRACT**

*The Method of Continuous Hidden Training and Physical Influence on the Body, or PSV (which is the abbreviation for the original Russian name of the method) is the only known today way to lose weight, restore and preserve health, develop physical strength and endurance without spending time, money or changing the lifestyle, in a most simple and natural manner.*

*This manual is a guide on the PSV method presented in the original author's interpretation, which will allow anyone to utterly master the method and, drawing on its principles, reduce in weight and strengthen health. It analyzes the reasons of numerous wide-spread illnesses of today and proposes an efficient way of their prevention and treatment.*

*The manual is intended for a wide audience of readers who would like to reduce excess weight and fight against hypodynamia and diseases caused by sedentary lifestyle, for those who aim to preserve their youth, health, and good form.*

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## *FROM THE AUTHORS*

*Losing weight and getting healthier  
without spending time, money  
or changing the lifestyle*

### **FIRST-HAND EXPERIENCE**

“I reduced by 12 kilograms and began feeling some fifteen years younger, at the same time getting rid of several chronic diseases. And all that without any doctors, operations, medicines, body-builders, exhausting drills, and with no time spent on physical exercise.

It is annoying to look in the mirror in the morning hating your own reflection. It is annoying to be unable to see the toes of your boots because of your own big belly. It is annoying to feel a perfect wreck at forty.

I am a lazybones by nature, although in my youth I used to be a professional sportsman. Now going for a short run before breakfast or doing morning exercises is far too much for me. My habitual place at home is on the sofa before the TV screen. But when my obesity became too much of a nuisance, I knew it was time to do something. As I was too lazy to leave my sofa, I created special exercises and began doing them right on the sofa, without turning away from the TV. Besides, I understood that by modifying some well-known exercises I could do them in any place, unnoticed by others.

So I did, and after a short period I not only felt young, strong and healthy again, but began to lose weight rapidly.

Later, when I began reading special literature on the subject, I learned that non-intensive but constant physical strain is exactly what top specialists on health recommend as an optimal way to reduce in weight and restore health. My exercises fall in exactly with their views. This suggested another idea: my personal experience can help other people. So, together with my co-author Irina Kukharskaya I created the Method of Continuous Hidden Training and Physical Influence on the Body. Now any person, irrespective of age, profession or living conditions, can do away with excess weight and restore health without spending time on it and changing his/her mode of life.

No more looking in the mirror with disgust, no more feeling a wreck! It's time to enjoy life.”

*Sergei Potapkin,  
author of the Method of Continuous Hidden Training  
and Physical Influence on the Body (PSV)*

“I'm always perplexed by a necessity to speak about myself. What shall I say? I was born, I went to school... so what? Everybody did. However, I have to introduce myself in some way or other, so I'd rather begin from the beginning.

In my early years I was a buoyant and lively child, like most healthy children are, though rather plump. Later, already when a schoolgirl, something must have happened to me: I had no more wish to run, jump, climb trees or simply go for a walk. My longing was for books and, incredible though it may sound, for learning. At school I was always first in all subjects, only physical training lessons were an ordeal for me. Of course, in the end my gym teacher put me a good mark, not to spoil the report card. Meanwhile I spent day and night lying on the sofa with a book, putting on more and more flesh... But unlike many of my peers, I had no complexes about my weight. Intelligent people needn't necessarily be slim, I thought. If my fellow creatures are going to judge me by my waist measures instead of personal qualities, then I don't need their judgment at all.

This way of thinking resulted not from my infinite wisdom, of course, rather from a lack of experience. (Now I realize well enough that weight and intelligence are entirely different dimensions and that both are important in the matter of harmony.) As for the very idea of working off the excess kilos, it seemed nonsensical to me. I had my own admirers who called me “the Sweet Lady” – not only because sweets of all kinds formed the basis of my diet, nor, I thought, because I started to work for confectionary companies, in accordance with my personal tastes. Actually I was sure they called me “sweet” because they found me sweet, they liked women like me! So why should I lay myself out to lose flesh, I asked myself? And I decided not to.

As for my health, there seemed to be no special problems (touch wood!). Naturally, the idea of taking pains for the sake of preserving this health seemed absurd to me. The very words like “sport,” “physical jerks,” “fitness,” “body-building,” etc. scared me to death. So at my 28 I was awfully educated, awfully fat and, for some reason, chronically sad. Yes, this problem, however minor, was a chronic one. Given my degree in psychology, I eventually came to the conclusion I was melancholic by nature, so there was no help for it.

It was practically by chance that I learned about the exercises developed by Sergei Potapkin. At that time we worked together at one of his projects, and I knew well enough that he was a versatile inventor, the author of many interesting and useful ideas and devices. At that time I had a serious problem connected with the public transport:

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every day it took me about two hours to get to work and two more hours to get back home. Plus half an hour to an hour and a half waiting for a bus – and that in any weather, any time of the year. It was horrible! I was on the brink of a nervous breakdown. By the moment I arrived at the office in the morning I already felt exhausted. When Sergei told me I could stop getting nervous and even enjoy my daily trips in the public transport, I did not believe him, but I became interested. He told me I could change the situation with the help of some very simple exercises. Being a curious person, I decided to try. The result was incredible! I not only stopped getting nervous about losing too much time (for the time was now devoted to a very practical and useful occupation), but I acquired a precious tool that kept me warm both waiting at the bus-stop and aboard the cold winter train.

But the real miracle came after a week or two. People who knew me noticed with surprise that I became more optimistic, calm, and at the same time more lively and active. As a matter of fact I was again ready to run, jump, climb trees... maybe even to fly? It was several months later that I learned how the “miracle” worked: my mood was affected by endorphine hormones, that was the “secret.” But who ever would have thought! After a mere couple of weeks of “public transport” exercises! I became even more interested, and soon trained myself to do exercises in the office and at home. What I found especially attractive was the possibility to use my own interpretations of existing exercises and to design new ones. Because I hate to follow monotonous instructions, where each new step is preset and restricted.

So I continued my training (not too intensive, I must admit) for about a month when my colleagues and friends began to ask me questions about my “new diet” and my “new sports club.” I tried to explain the situation, but the explanation appeared rather chaotic and unconvincing. Then I realized that it was absolutely necessary to rearrange the exercises roughly outlined in the author’s scratchpad and describe them in simple, reasonable words for the use of many people who would like to find answers to their problems concerning health, excess weight or mood. And that is what we eventually did. That is, we wrote a manual on the Method of Continuous Hidden Training and Physical Influence on the Body (PSV). We furnished it with necessary comment and psychological rationale (my degree in psychology came in handy again). And we also organized a training program for groups, and individual consultations.

We are sure that the tool we have developed will help you cope with your problems, too. And we’ll be glad to be able to assist you in solving them.”

*Irina Kukharskaya,  
co-author of the Method of Continuous Hidden Training  
and Physical Influence on the Body (PSV)*

## ***1. The PSV Method: How It Works***

### **LIFE AS A SET OF EXERCISES**

I'm now going to tell you a very trivial thing, so please be patient.

Any person, even a hater of physical training who would never stir a finger for the sake of exercise, *does* physical exercises daily, from the first to the last day of his/her life, continuously and secretly, unnoticed by anyone, including him- or herself. Every day, every hour, every minute and every second you naturally bear a physical load, – whenever you stand, walk, pick up a pencil off the floor, sit down or stand up, carry a bag, make your meal, clean your house, go up or down the stairs, turn over in your bed. In general, whatever you do, you achieve your aim by toughening your muscles, i.e. through a natural physical strain. The problem is that this natural strain is clearly not enough for a modern individual to be able to lead a full and healthy life. We can't help it – that's the way our bodies are arranged. Without sufficient muscular strain, we develop health problems – from slight maladies and disturbances to obesity, diabetes, and heart diseases.

To remain healthy and slim, to feel well and lead a full life, we need physical activity. But, mind: we do not necessarily have to go in for sports and torture ourselves with exhausting exercises. And we needn't spend all our evenings in sports clubs, buy body-builders, barbells, and tracksuits, devote hours and hours to physical drill, rise with the sun for morning jogging and morning jerks. We needn't change our way of living, expending our money and time on it – not a minute, not a second! To remain healthy and fit, we only have to increase the “natural” physical strain that we anyway bear during the day. It's not just simple – it's very simple.

This may be achieved by using the Method of Continuous Hidden Training and Physical Influence on the Body. Today it is the only known method allowing any person to increase the natural physical strain and lead a healthy life without changing the personal lifestyle. Therein lies its basic, actual or, I'd rather say, factual difference from other methods, as well as its main advantage. Using the PSV method, you will achieve the needed physical strain “invisibly” for others and yourself.

Forget about your excess weight, your ailments, and your health problems! Look in the mirror with pleasure.

As the saying goes, to live is good, to live well is better still.

## **WHAT IS THE METHOD OF CONTINUOUS HIDDEN TRAINING AND PHYSICAL INFLUENCE ON THE BODY AND WHAT IT GIVES US**

### **WHAT IS THE PSV**

The PSV is a method allowing anyone to reduce in weight, restore and preserve health, develop one's physical strength and endurance without spending time, money or changing the lifestyle.

### **WHAT THE PSV IS FOUNDED ON**

The muscles of the human body when toned (partially contracted) consume a large amount of energy even without making any work. The PSV method is based upon the body's ability to bring separate muscles and muscle groups to a state of tonus.

### **THE AIM OF THE PSV METHOD**

The PSV method allows us to bring all our muscles and their groups to a state of tonus and keep them toned for a long time. The muscles make up about 40% of the mass of the human body. Forced to keep up this great mass in tonus, the body spends considerable amounts of energy, which can only be taken from the body's fat deposit. The process continues day and night, so you go on to lose weight even in your sleep. The muscle mass gradually growing, the body needs more and more energy. Unless you begin to consume more food (especially rich food), your *body will have no chance to preserve its fat deposit*. Moreover, when the body's major organs and systems start working for the muscles, they restore their normal functioning – and you may at last feel fit and cheerful!

### **THE PSV GENERAL PRINCIPLE**

The PSV general principle is “hidden” physical activity and making your muscles work at any time, in any place and circumstances.

You may continue doing any PSV exercise until you get tired, or you may stop doing it at any moment. You choose the extent of muscular strain and the exercise duration individually, depending on your health, mood, and

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surroundings. You may interrupt doing the exercise at any moment, and later come back to it or start doing another exercise. This will not diminish the effectiveness of the method.

Any additional (more than usual) tension of the muscles improves your health and reduces the share of fat in the body. The exercises may be done permanently, or interruptedly, or periodically, in any sequence and with any periodicity. You should only bear in mind that the longer the strain and the shorter the pauses between the exercises, the sooner you will attain the result.

The exercises won't take much effort on your part, and having practiced for some time you'll hardly notice the moment when your training session begins, because regularity makes the movements automatic, like in the case of conditioned reflex.

Thus, after some time you will be able to build your body and improve health making no effort at all.

Having mastered the method, you will acquire a habit that will remain with you all your life. You'll be able to resort to it whenever you feel necessary.

### THE PSV EFFECTS

Regular PSV practice results in reducing excess weight, slowing down age effects, increasing strength and endurance, acquiring self-confidence, feeling younger and healthier.

So, the effect is the same as from daily intensive sport training, but you won't have to spend time or money, take great pains or change your habitual lifestyle.

\* \* \*

The **Method of Continuous Hidden Training and Physical Influence on the Body** is a natural way of training and establishing one's health. Throughout the whole human history (with the exception of the very recent period) physical strain was part and parcel of human existence, no additional exercise was needed. This principle of necessary physical strain under natural conditions of human existence underlies the PSV method. That is why the Method of Continuous Hidden Training and Physical Influence on the Body presents the most natural and acceptable way of providing the normal functioning of the human body.

The basic exercises of the method are static (one or several muscle groups are toughened in a fixed position, without producing any movement) and statodynamic (toughened muscles produce slow gliding movements). The system part of the method includes mostly dynamic exercises (the working muscles alternately toughen and relax). The alternation of static, statodynamic, and dynamic exercises provides for effective training of all muscle groups. The PSV exercises are accessible to all and provide for the amount of physical strain corresponding to the body's needs.

The novelty of the method is that the suggested exercises may be performed continuously and anywhere: in the office, at home, when traveling in the public transport or driving the car, etc. You may do the exercises without interrupting your work, reading a book, watching TV or whatever you are doing at the moment. Your training will remain invisible for others. Moreover, after some time you yourself will stop noticing the beginning of your training session, because regularity makes the movements automatic, like in the conditioned reflex.

Besides, the PSV exercises are characterized by a relatively low degree of emotional stress since they do not involve considerable strain, which is usually accompanied by strong negative emotions.

So, without spending time and money on attending sports clubs and buying body-building devices (and after some time without much effort on your part) you will be able to invigorate your health and build your body. Your organism obtaining permanent and adequate physical strain, your health will improve, the functioning of major organs will normalize, and the muscles will grow in power and mass. As a result of the regular "invisible" training, the entire body mass will reduce due to the shrinkage of the fat component, the body tissues will become less "doughy," the stomach size will decrease, the circumference of chest will increase, the legs will grow stronger, and the arms more well-muscled. You will enjoy looking in the mirror, your self-appraisal and self-confidence will grow, languor, irritability and fatigability will decrease, your physical and mental tone will recover. You will look better, feel stronger and will find your psychological problems disappear.

Having mastered the basic exercises and the main principles of the training system, you will be able to use them at your own choice, modify, develop, and use only what **you** find necessary.

Thus, *not only your body and health will benefit from the PSV method, you will enjoy a whole bunch of advantages* over traditional training systems:

- no time is spent on training
- no money is spent on attending sports clubs and buying body-builders
- you reduce in weight without altering your lifestyle
- you use no medicines and food additives
- you do not run the risk of getting hurt during the training session
- the method may be used irrespective of age or physical fitness and has practically no contraindications.

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## EXPERT OPINIONS

“People keeping to diets often become victims of insufficient physical exercise. Attending aerobics groups a couple of times a week or even every day may certainly have beneficial effect on your health, but you may hardly expect it to stimulate metabolism 24 hours a day. When you start to attend body-building lessons you are engaged in physical activity for about 30 minutes three or four times a week, during which time your fat-burning metabolism increases. However, soon after you cool down it drops again practically to the quiescent state, and if you, like most of us, think that you need no exercise until the next training – you are mistaken.

What most calorie-watchers fail to understand is that metabolism reacts to our physical activity hourly, and not once a day or even once every few days. The body’s ability to burn calories 24 hours a day depends on the growth of the lean muscle mass due to continuous intensive exercise rather than on the effect of aerobics lessons...

Some leading researchers point out that there appears today an entirely new approach to the “physical fitness” problem: firstly, in any physical activity or exercise the consumption of calories has a cumulative character, i.e. it adds up with each minute. Secondly, when you build up your physical strength, the toned up muscle tissues stimulate your metabolism and fat-burning processes day and night, not just at the time you are performing the exercise. And thirdly, researchers presume that physical activity and exercises may cause the loss of body fat even without any reduction in calorie consumption and thus become the major factor of working off excess weight...

The main principle of strength-developing exercises for both sexes is very simple: toughen your muscles as if getting over some resistance, and they will become stronger, for the benefit of your health. The reaction of muscles is immediate at any age, so any of us has a chance to build up his/her strength and keep the body in tone. And it is not true that the stronger the woman, the more “masculine” she looks...

Most of us believe that in order to give tone to our muscles and build up strength we have to do dozens of exercises and spend many hours in the drill hall. This is another mistake. If you listen to your body and choose several basic exercises, if you keep a check on your bearing and begin with simple, easily controllable, gliding movements, you will soon feel and see the results. Begin with any exercises you find interesting.”

*Dr. Harold BLOOMFIELD,  
Robert C. COOPER, PhD  
“The Power of 5”*

\* \* \*

“As we know from research, it often makes no difference what exactly you are doing. Any activity that stimulates your metabolism and burns extra calories is useful.”

*Dr. Stephen N. BLARE,  
“The Lifestyle and Physical Exercise”*

\* \* \*

“We should remember that the only way to do away with fat is to burn it in the muscles. It explains why muscles are so important for burning calories...”

It is important not to overstrain while doing the exercises...

If you want to reach the top of your form as soon as possible, make your trainings longer, but not more intensive.” =

*Paul GALBRAY  
“Losing Weight Twice As Soon”*

\* \* \*

Many people suffering from obesity believe that to thin down they need intensive physical strain. The more intensive the better, like running for an hour every day. But as they have neither time or energy nor desire to bear such a strain, most patients give up trying. However, as we learned quite recently, the best fat-burning exercise and the most intensive drill are not one and the same thing. It has been established that the best results in working off excess weight are achieved due to exercises of low and medium intensity, but performed for a long time.”

*Dr. Mikhail GINZBURG, PhD,  
“How to Lose Weight Without Starving and Calorie-Watching”*

\* \* \*

“Regular physical exercise combined with moderate cutdown of sleep duration and proper dieting behavior make for the achievement of ideal weight...”

To supply the body with enough oxygen for burning fat, physical exercise should be performed at an easy pace.”

*Larisa LAVUT  
“Why We Put on Weight and How to Fight It”*

## ***2. Basic PSV Exercises***

In this section we shall describe the basic exercises of the Method of Continuous Hidden Training and Physical Influence on the Body (PSV).

The exercises remain unnoticed by people around us, no matter whether we are in the office or at home, whether we are using the public transport or driving a car, etc. All exercises may be done in any sequence and at the time you find it convenient. The method is based upon “dosed” muscular tension, the amount of which is defined individually. One of the most general principles of the PSV method is as follows: the training should give you maximum benefit and minimum unpleasant emotions. This is easily attained if you choose the drill intensity yourself, according to your personal needs and opportunities.

Most basic PSV exercises are constructed so as to stimulate the tension of one or several muscle groups in this or that way (or combine static tension with slow gliding movements). You needn't continue the exercises until you get exhausted. You only need to feel the tension of your muscles, to feel the strain. You may interrupt the training at any moment to do something else. Even the slightest effort won't be wasted, for you have burnt some amount of excess calories, your spare tire has decreased by a few milligrams, and your muscles have become stronger and tougher due to extra strain. The number of repetitions and the sequence of exercises are not restricted and are defined individually. Choose the strain and duration of the training depending on your mood and physical state. Just don't forget that the shorter the pauses between the exercises and the longer the strain, the sooner you will attain the needed effect.

After a short time of regular exercise you will be able to properly plan individual strain depending on your own sensations and to introduce necessary alterations as you progress.

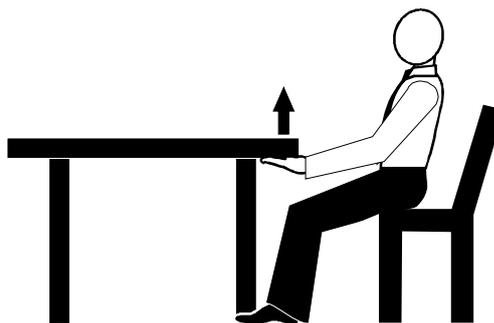
Confining or “sedentary” work (e.g. in various offices and institutions) is especially hurtful to the health, as the most part of the day is spent motionless at the desk, which implies no physical strain at all. We'll begin the description of the PSV method with basic exercises for people doing such work.

### **IN THE OFFICE**

#### ***Exercise 1.***

Sitting at the desk (e.g. while working at the computer, talking over the phone, doing paper work, communicating with colleagues) inconspicuously put one hand under the desk edge and toughen the arm muscles as if you were trying to lift the desk (Fig. 1). Check the push so as not to overturn the desk.

***Fig.1.***

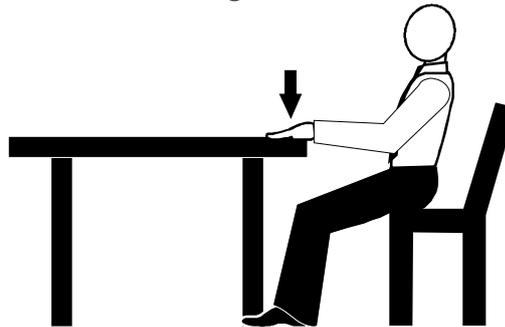


After some time, you will get tired. When you feel you can't continue any longer, change the hand. This is a good exercise for the arm muscles.

#### ***Exercise 2.***

Sitting at the desk (without interrupting your work) put your hand on the desk palm down and press it on the desktop top-down (Fig.2).

*Fig. 2.*



Retain the pressure intensity for as long as you can, from a few seconds to several minutes. When you feel tired, repeat the same with your other hand.

Exercises 1-2 may be performed with both hands simultaneously.

While doing exercises 1-2, you strengthen the greater pectoral muscle, the triceps, the superficial muscles of the posterior forearm group, and others.

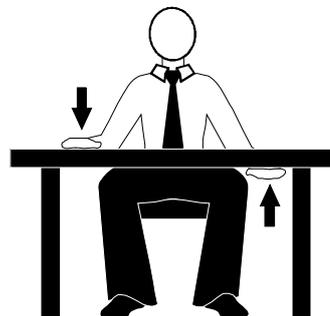
**USEFUL TIPS**

*If you are reading something, say, a document or a data book, don't put it on the desk; hold it in your hands while reading.*

**Exercise 3.**

If both your hands are free, put one hand on the desk palm down (like in Exercise 2), and put the other one palm up under the desk edge (Fig. 3).

*Fig. 3.*



Press one hand on the desktop top-down and at the same time press the other hand from below bottom-up, as if trying to lift the desk. Be careful that the counter movements are simultaneous and equal in strength, otherwise you may overturn the desk. When you feel tired, reverse the direction of your arms' movements.

This exercise trains the greater pectoral muscle, the triceps, the superficial muscles of the posterior forearm group, the biceps, the superficial muscles of the anterior forearm group, etc.

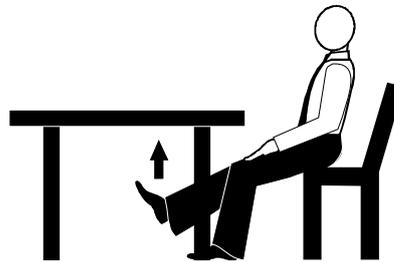
**USEFUL TIPS**

*You need not continue doing the exercise until you have the sensation of pain. This causes a psychical stress even in professional sportsmen and it may easily discourage you from doing such exercises in future. The lactic acid produced by the exercise brings about a slight muscular pain several hours following the training session. This pain means that the strain you have chosen accords with the needs of your body (if no painful sensations appear, don't hesitate to increase the strain). But when after a long period of zero physical strain you expose your body to unnecessarily intensive exercise, the muscular pain may turn out so strong that for some time you will be literally unable to resume the exercise. The basic aims of the PSV method are to establish both physical and mental health; that is why the absence of negative emotion is as important in the course of training as the regularity factor.*

**Exercise 4.**

Sitting at the desk, move over to the edge of the chair, so that the thigh won't lie on the seat. Lift one leg and hold it several centimeters above the floor (Fig. 4) until you feel tired. Then repeat the same movement with your other leg.

**Fig.4.**



The higher you lift the leg and the straighter you hold it, the more intensive is the muscle strain and the more effective the training. The exercise trains the rectus and vastus muscles of thigh, the rectus and oblique abdominal muscles, etc.

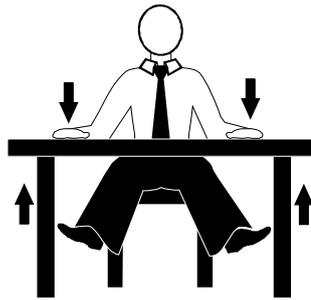
**USEFUL TIPS**

*Whether your performing this and the following exercises will or will not remain secret from your colleagues depends on the design of your desk. If there is no front board screening the sitter's legs from the observer, you may lift your foot just several centimeters from the floor. In this case the exercise becomes less effective, but the possibility of anyone being aware of what you are doing at the moment is practically zero.*

**Exercise 5**

Sitting at the desk, move over to the edge of the chair. Lean on the desktop with both hands and lift both feet off the floor (Fig. 5). Hold the feet suspended as long as you can.

*Fig. 5.*



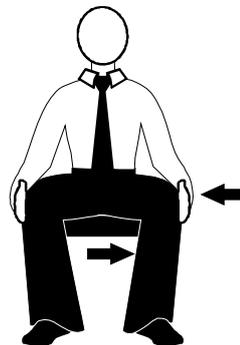
This is a very effective exercise training a large group of abdominal muscles (rectus, oblique) and the muscles of the upper and lower limbs (triceps, extensors of the wrist and fingers, thigh muscles), as well as the greater pectoral muscle.

This exercise is a difficult one, that is why at the beginning of the training session (or after a long pause) just a few seconds will be enough. When training regularly, gradually extend the duration of the exercise. At the same time try to come back to it as often as possible, because it provides an effective training for a large group of muscles.

***Exercise 6.***

Sitting at the desk, put your right hand on your right knee, not on its center but on the outside of the knee. Press the knee with your hand as if you were trying to move it toward the left leg. At the same time toughen the muscles of the right leg and set the knee firmly against the hand, so that the movements in both directions balanced each other (Fig. 6).

*Fig. 6.*



When you feel that the working muscles are tired, relax them and repeat the exercise with the left hand and left leg. If both hands are free, do the exercise with two hands and two legs simultaneously.

This exercise also has a statodynamic variation. The hand movements are the same as described for the static exercise, but in the statodynamic variation a knee movement is added: the knees move to the inside, towards each other under the hand pressure, then to the outside, opposing the hand pressure. As the knees move, the leg muscles remain tense.

The exercise trains the muscles of your lower and upper limbs, as well as the abdominal, pectoral, and back muscles.

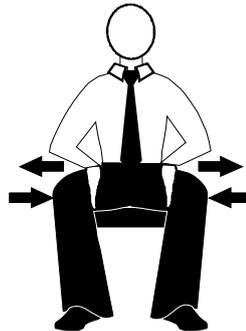
**USEFUL TIPS**

*Exercises in which no objects are used (like Exercise 6) may be performed both in the static and in the statodynamic variations. Static exercises are not noticed by others. But if you are sure you are not observed, say, you are alone in the office, choose the statodynamic variation of such exercises. All movements in statodynamic exercises should be slow and smooth, without jerks, and the tension of the muscles should not weaken.*

**Exercise 7.**

Sitting on the chair, put your right hand on the inside of your right knee. Press it hard as if your hand were trying to draw the right knee from the left leg. At the same time toughen the leg muscles as if trying to bring the right knee to the left one (Fig. 7).

**Fig. 7.**



Balance the counter movements. When you feel tired, do the same exercise with your other hand and knee. This exercise may also be performed with two hands and two knees simultaneously.

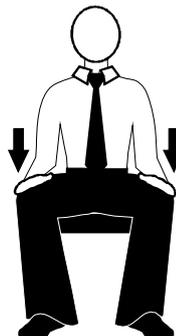
The statodynamic variation of the exercise is supplemented by knee movements, first in the direction of hand movement, then in the opposite direction.

The exercise trains the muscles of the arms, legs, abdomen, and back.

**Exercise 8.**

Sitting on the chair, put your right hand on the top of your right knee and press it downward (Fig. 8).

**Fig. 8.**



When you feel tired, perform the exercise with the left hand and knee. You may also do it with both hands at the same time.

The statodynamic variation of this exercise involves the upward and downward movement of the legs. The hand pressure and the strain of the leg muscles must be balanced.

This exercise is effective for training the arm, leg, pectoral, and abdominal muscles.

**Exercise 9.**

Sitting on the chair, grip your wrist with the other hand and draw the two hands in opposite directions (Fig. 9).

*Fig. 9.*



When the muscles are tired, do the same exercise for the other hand.

Without changing the starting position, change the direction of the effort: the gripped hand draws downward, the gripping one upward (Fig. 10). When the muscles are tired, reverse the movement: now the effort of the right hand is aimed upward, that of the left one downward.

*Fig. 10.*



Without changing the position of hands, again change the direction of the effort: now the gripped hand presses downward, the gripping one bottom-up on the palm of the gripping hand (Fig. 11). When you feel tired, change the direction of the effort again.

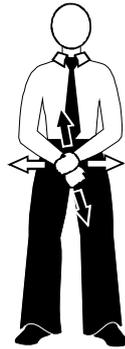
*Fig. 11.*



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You may also perform this exercise in the standing position (Fig. 12).

*Fig. 12.*



**IMPORTANT:**

*Don't overdo the effort not to hurt the joint, better extend the duration of the exercise.*

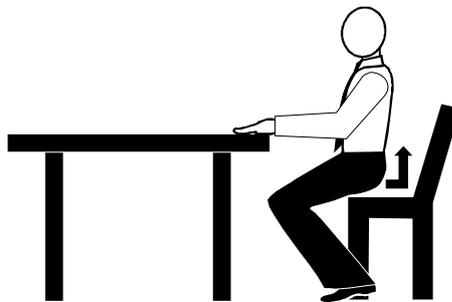
All combinations of this exercise may also be performed in statodynamics. For this, slowly move the strained hands (producing efforts in opposite directions) to the right, to the left, upward and downward.

The exercise trains the arm, pectoral, and back muscles.

**Exercise 10.**

Sitting at the desk, place your feet a little back from the usual position, on one line with the shoulders; your hands lean lightly on the desktop, not to lose balance. With your legs tense, raise yourself a little over the seat (Fig. 13).

*Fig. 13.*



The exercise is very effective for the leg muscles.

**USEFUL TIPS**

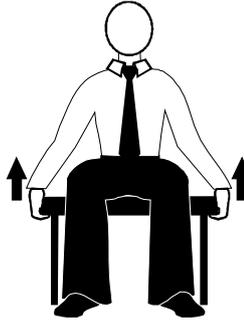
*You may do this and many other PSV exercises when you have to wait for something. Usually waiting for somebody or something is annoying because you feel you are wasting time. Now your perception of waiting is going to change. You've got some spare time? Fine! Use your chance to employ it profitably for your body performing the PSV exercises.*

**Exercise 11.**

Sitting on the chair, grip with one hand the side of the seat and pull it energetically up without lifting the chair off the floor (Fig. 14).

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*Fig. 14.*



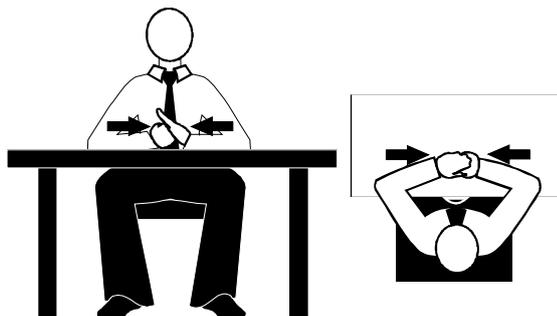
When the muscles are tired, do the same with the other hand. The exercise may be done with two hands simultaneously.

It is an effective training for the arm and back muscles.

***Exercise 12.***

Sitting at the desk, put your hands on the desktop, the forearms lying along the desk edge. Clench one hand into a fist and set the fist against the palm of the other hand. Press hard with both hands in opposite directions (Fig.15).

*Fig. 15.*



When you feel tired, relax the muscles. Then return to the exercise with the reverse direction of the effort: the fist unclenches into a palm, the other hand clenches into a fist, both hands press firmly in opposite directions.

The exercise is aimed at training the arm and pectoral muscles.

***Exercise 13.***

Sitting on the chair, put one hand under the thigh close to the knee and toughen the arm muscles as if trying to lift the leg. The leg muscles toughen too, to balance the hand pressure (Fig. 16).

*Fig. 16.*



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When the working muscles get tired, do the exercise with your other hand. The exercises may also be done with both hands simultaneously.

The statodynamic variation of the exercise involves supplementary movement of the legs (up and down).

The exercise provides an effective training for the arm muscles, especially the biceps.

***Exercise 14.***

Sitting on the chair, lower your hands in front of you and join your palms. Press both palms firmly against each other.

***Fig. 17.***



Continue until you get tired. You may also stand while doing the exercise.

The statodynamic variation of the exercise involves moving the palms joined together from the position fingers down to the position fingers up. Make sure that the pressure of the palms against each other doesn't diminish. This exercise will add power to your arm and pectoral muscles.

***Exercise 15.***

Sitting on the chair, lower one of your hands and grip the front edge of the seat. Draw firmly the gripping hand upward (Fig. 18).

***Fig. 18.***



Retain the muscle tension until you feel tired. You may do the exercise with both hands simultaneously.

It is an effective training for the back muscles and the biceps.

This exercise is a sort of exception to the rule: although it uses an object (a chair), it may also be performed in the statodynamic variation: at the same time with the movement described above, incline the body forward and backward as far as you can.

All the exercises may be performed in your spare moments or even during the work if it doesn't demand your full concentration – for instance, while “automatically” doing work you are accustomed to.

In the case of systematic training, you will soon learn to combine the exercises with rather complicated work, because the same movements repeated over and over again soon become automatic, like in conditioned reflex (you sit down at the desk – you press your hand on the desktop, etc.).

<http://metod-psv.ru>

<http://psv-health.com>

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All static exercises described in this section may remain absolutely “invisible” for the others. To achieve this, you will only need to maintain a facial expression becoming the atmosphere of the office. At first you will have to consciously control your face, but after some time the habit of wearing a detached expression on your face will become automatic, quite like other habits developed in the course of training, so you won’t need to exert any particular efforts.

### IN THE PUBLIC TRANSPORT

You got up in the morning, had your breakfast, got dressed, and directed your steps toward the bus or tram stop. Sometimes the public transport keeps us waiting for a long time. Why waste this time to no purpose? You may easily turn it to the benefit of your physical and mental health.

#### ***Exercise 1.***

While standing at the bus stop, toughen the abdominal muscles and gather in your stomach energetically, as if you were going to “glue” it to your spine. Retain the strain for as long as you can. Relax the muscles, have a short rest, then repeat the exercise. You may do it again and again. The number of repetitions depends on your state of health, mood and the work of the public transport.

This is a very effective exercise for the abdominal muscles. After some time, when your prelum abdominale becomes stronger and you get used to maintaining the muscles in permanent tension, you’ll often have to answer your friends’ question: “What has become of your belly?”

#### USEFUL TIPS

*Do the PSV exercises while waiting for the bus, standing in the queue, etc.  
Besides the positive effect of the training for your body, the exercises will help you relieve the stress of waiting. You will avoid negative emotions caused by the time-wasting situation, because you are using this time for the benefit of your body and health, while your co-waiters are losing time for nothing.*

#### ***Exercise 2.***

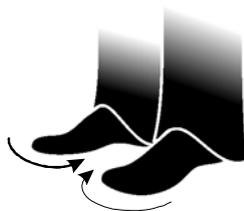
As you stand, toughen the leg muscles and lift your heels off the ground one or two millimeters high. Retain this posture until you feel tired.

The exercise is good for your leg muscles, especially the calves, and it trains the vestibular apparatus.

Make sure that your standing position is as steady as possible, and that your feet won’t slip on the surface. Imagine that each your foot is inside a separate circle, the heel forming the circle center.

Toughen your muscles as if you were trying to draw your toes together: the left foot strains to move clockwise, the right one counterclockwise (Fig. 19).

**Fig. 19.**



The foot cushions serve as bearing points in this exercise. But no movement is produced!

When you feel tired, reverse the direction of the effort. Now toughen your muscles as if trying to pull the toes of your feet apart. Accordingly, the effort of the right foot is directed clockwise, that of the left foot – counterclockwise (Fig. 20).

**Fig. 20.**



**USEFUL TIPS**

*If you have to stand still outdoors in winter, you will feel cold after some time, despite all your warm clothes. In the cool season we often see people at bus stops and railway stations who keep jumping up and down, slapping their hands and beating one foot on the other. It looks a little funny, but the people are in no laughing humor, in fact they are shivering with cold. The most unpleasant thing is that all this jumping and slapping and beating doesn't help much. The PSV exercises described in this and other sections are much more effective. They produce a large amount of energy, which is used for the heating of your body. Besides, you may feel absolutely comfortable without attracting the others' attention: no one will even suspect you are training!*

*While doing the PSV exercises, you get warm, train and perfect your body, you stop getting nervous about wasting time, and enjoy spending every minute for the benefit of you health.*

**Exercise 3.**

Perform the movements described in Exercise 9 from the section "In the Office," but the starting position is standing.

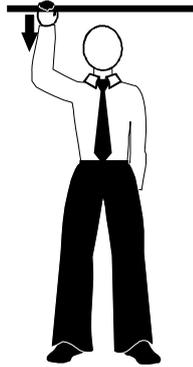
**USEFUL TIPS**

*Your bus/tram/etc. has at last come, and you've got on it. Try to ignore vacant seats. If you remain standing, your training will be more effective.*

**Exercise 4.**

Standing in the bus or tram, hold on to the horizontal hand-rail over your head with one hand and draw it down firmly, as if trying to pull yourself up (Fig. 21).

**Fig. 21.**



Retain the muscle strain until you feel tired, then do the same movement with your other hand. The exercise provides an effective training for the arm muscles.

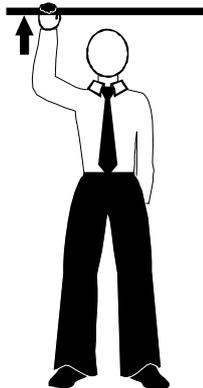
**USEFUL TIPS**

*All PSV exercises are described in this manual separately, one by one. In reality, most exercises may be united and combined; two or even three exercises may be performed at the same time.*

**Exercise 5.**

In the bus or tram, stand exactly below the upper horizontal hand-rail. Holding on to the rail with one hand, pull it up firmly, as if lifting a weight with one hand (Fig. 22). Then do the same with the other hand.

**Fig. 22.**

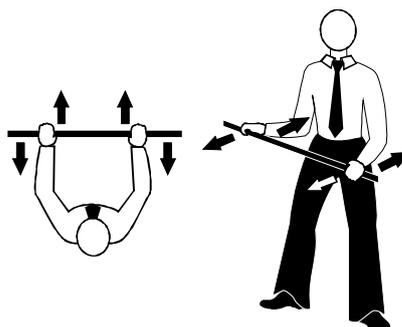


It is a good training for the arm muscles. *(This exercise is not recommended if you have backaches.)*

**Exercise 6.**

Standing in the bus or tram, hold on to the waist-level horizontal hand-rail with both hands. Pull one hand toward yourself and push the other in the opposite direction, as if you wanted to tear the rail across (Fig. 23).

**Fig. 23.**



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When you feel tired, reverse the direction of the effort: the pulling hand will now push, and vice versa.

From the same position, push the hand-rail top-down. When tired, reverse the direction of the effort and pull bottom-up.

As you repeat this exercise, from time to time change the distance between the hands: bring them together, then place them several centimeters apart. Gradually increase the distance to the maximum possible, then decrease it again little by little.

The exercise is very effective for strengthening the thoracic girdle, pectoral, and abdominal muscles.

### **Exercise 7.**

Standing in the bus or tram, hold on to the hand-rail and relax your fingers so as to barely touch the rail. As your bus or tram moves on, you will have to strain various muscle groups just to keep balance. Moreover, the muscles of the lifted arm will remain tense all the time, because you need an effort to hold it suspended. If at some moment you failed to keep balance (for example, when the bus took the corner, pulled up sharp, etc.), just clench your fingers and take fast hold of the rail.

This exercise strengthens the arm muscles and develops general endurance.

### **Exercise 8.**

If you have taken a seat in a bus or tram, do exercises 6-9 described in the section "In the Office."

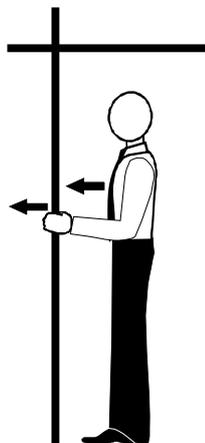
### **Exercise 9.**

When in the subway, use the moving staircase for training. Go downstairs along the descending stairway, and go upstairs along the ascending one. Besides the benefit from the physical exercise, you will save some time.

### **Exercise 10.**

Standing in the bus or tram, hold on to the vertical hand-rail. Move your body forward, at the same time setting your hand firmly against the rail, so as to retain the vertical position (Fig. 24).

**Fig. 24.**



When the arm muscles get tired, change the hand.

The exercise trains the arm and pectoral muscles.

## **IN THE CAR**

If you drive a car, you may find the PSV exercises described in this section very helpful.

### **IMPORTANT:**

*Always follow the main rule: when driving a car you may perform the exercises ONLY when your car doesn't go (for example, when you are stuck in a traffic jam, or waiting for somebody at the parking place, etc.).*

*As soon as you start moving, you must immediately stop the training and concentrate on the road and driving.*

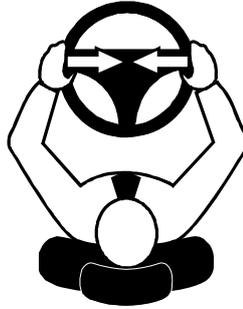
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**Exercise 1.**

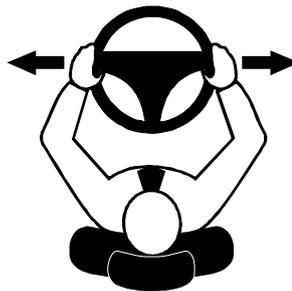
Hold on to the steering wheel with both hands. Imagine that the wheel is the face of a clock, then your hands should be against the 3 and 9 o'clock marks. Grip the wheel firmly, the hands' efforts are directed toward each other (Fig. 25).

**Fig. 25.**



When you feel tired, reverse the direction of the efforts and try to “tear the wheel apart,” the left hand pulling the wheel to the left, the right one to the right (Fig. 26).

**Fig. 26.**



**Exercise 2.**

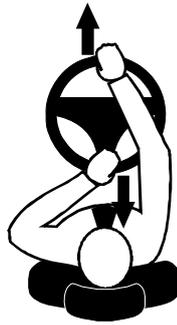
Place your hands in the position “6 and 16 o'clock.” Grip the wheel, the hands' efforts being directed toward each other (Fig.27).

**Fig. 27.**



When you feel tired, reverse the direction of the efforts as if “tearing the wheel apart,” the left hand pulling downward, the right one upward (Fig. 28).

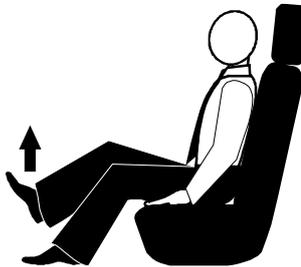
*Fig. 28.*



**Exercise 3.**

Sitting at the wheel, lift one foot as high as you can (Fig. 29).

*Fig. 29.*



When the muscles get tired, do the same with your other foot.  
The exercise is good for strengthening the leg and abdominal muscles.

**Exercise 4.**

Take hold on the wheel and, using it for support, lift both feet and retain the posture until you feel tired.  
A dynamic exercise starting from the same position: lift your feet and produce a circular motion, as if you were cycling.  
The exercise strengthens the leg and abdominal muscles.

**Exercise 5.**

When sitting in the car, you may also do exercises 6-9 described in the section “In the Office.”

**USEFUL TIPS**

*Exercises done at the wheel have an additional positive effect. You not only develop your strength and endurance by training in the traffic jam, but relieve a psychological stress, which may be rather oppressing. All drivers who have to lose much time in traffic jams experience a stress. You are going to use this time to improve your health and invigorate your body instead of wasting it aimlessly, thus eliminating the stressor.*

**Exercise 6.**

Put your hands on the back of your head and press forward; at the same time resist the pressure by straining the neck muscles. When you get tired, change the effort direction: first press to the right, then, as you feel tired again, to the left. Whatever the direction of the effort, your neck muscles oppose the pressure and hold your head in the vertical position.

This exercise is good for the chest organs, as well as the neck region.

**AT HOME**

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When staying at home, you are usually free to choose any physical exercises you find useful. Perhaps you are in the habit of doing daily physical jerks in the morning. You may continue to follow this habit. Just bear in mind that a standard 20-minute set of exercises won't be of perceptible benefit to your health. On the other hand, spending 20 minutes of your personal time every morning, you spend round 10 hours per a month and, accordingly, 120 hours per a year, which is equal to 15 eight-hour working days. You'll have to agree that your time could have been more profitably employed.

As an alternative to the daily physical jerks, we propose a simple and effective set of PSV exercises. You won't lose a minute of your time (which is particularly precious in the morning) while doing these exercises. You may do them without interrupting your routine morning procedures. At the same time, these exercises will give you the needed physical strain, your organism will wake up, and you will get a charge of vigor.

So, the **"morning set of exercises."**

1. During the morning hygienic procedures in the bathroom (washing yourself, toothbrushing, shaving), move your feet apart to twice your shoulder breadth and slightly bend your knees. Keep your body erect or slightly bowed, as you like. Retain the posture while making your toilet. This is a good exercise for the leg muscles.
2. Having left the bathroom and getting ready to go to work, walk about the apartment not with your usual tread, but lifting your knees waist-high. At the same time your hands perform the statodynamic variation of Exercise 9 from the section "In the Office." Practically all muscle groups get the necessary strain and become toned up.
3. Leaving your apartment, refrain from using the elevator, walk downstairs on foot.

Other physical jerks you do at home may be replaced by the PSV exercises described below.

### **Exercise 1.**

You usually watch TV or read books lying on your back, for example on the sofa. Without interrupting whatever you are doing, lift one leg 10-15 cm above the sofa surface (Fig. 30).

**Fig. 30.**



Keep the leg suspended until you feel tired, then relax. Do the exercise with your other leg.  
This exercise provides a good training for the leg and abdominal muscles.

#### **USEFUL TIPS**

*Doing regularly Exercise 1 you will get rid of pains in the middle of your back. If you have moderately painful sensations while doing the exercise, it testifies to the fact that you were right to direct the strain to the troublesome regions of your back, either weakened or inflamed. If the back muscles are weak, this exercise provides them with enough strain, and they quickly acquire the necessary elasticity, become stronger and more enduring, the muscle mass grows. The well-trained muscles become much more effective when supporting the body erect, even chronic pains soon ease up and gradually go off. If the pains are caused by inflammatory processes, the described exercise provides for an intensive afflux of blood to the inflammation centers, which also has a strong positive effect on your health.*

### **Exercise 2.**

Lying on your back, stretch your arms along your body and lift both feet several centimeters above the surface (Fig. 31).

**Fig. 31.**



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Continue until you feel tiredness of the abdominal muscles.

To lower the strain while doing the exercise you may bend your knees from time to time. To achieve maximum strain, put your hands under your head and straighten your legs.

This is an excellent abdominal exercise.

### USEFUL TIPS

All exercises may be done both in the static and in the statodynamic variation, in any sequence, with any duration and any strain, depending on your current circumstances, state of health and mood. Just remember the basic principle: the more exercises you do and the longer the duration of the training and separate exercises, the more benefit your organism will derive from the trainings sessions, and the sooner you will feel the effect.

### **Exercise 3.**

Lying on your back (at the same time you may watch TV or read), take a two-liter water-filled plastic bottle in one hand, straighten your arm and lift the bottle to a height of 15-20 cm. Retain this position until the muscles get tired, then turn your hand with the bottle by 90°. Feeling tired again, turn it by another 90°. Then do the same exercise with the other hand.

The exercise strengthens all the arm muscles.

A plastic bottle is more convenient than a barbell: you won't get hurt or damage the furniture in case you drop the bottle.

### **Exercise 4.**

Lying on your back, bend your knees as in Fig. 32.

**Fig. 32.**



Lift both feet 3-4 cm above the surface and retain the position until you feel tired. The exercise may also be done in the statodynamic variation: you may slowly straighten and bend your knees without lowering your feet.

This is a good exercise for the leg and abdominal muscles.

### **Exercise 5.**

Lying on your side, lift the upper foot 10-15 cm above the surface (Fig. 33).

**Fig. 33.**



When feeling tired, turn to the other side and do the exercise with your other foot.

The exercise provides a good training for the leg muscles.

### **Exercise 6.**

Lying on your back, lift your head and the upper part of the body (Fig. 34).

*Fig. 34.*



Retain the position for as long as you can. After a pause, repeat the exercise. Alter the height of lifting the body. The exercise strengthens the abdominal muscles.

**Exercise 7.**

While sitting or lying before the TV-set, reading a book, etc., you may train the muscles of your hands. Take a 0.33-liter plastic bottle filled with water and compress it with your fingers like a hand grip.

The exercise is good for your fingers, hands, and arm muscles.

**Exercise 8.**

Lying on your side, stretch your arms along the body. Lift your head several centimeters above the surface (Fig. 35).

*Fig. 35.*



Don't put a cushion, a bolster, a hand, etc. under your head!

When the neck muscles are tired, turn on the other side and repeat the exercise.

This is a good exercise for the neck muscles.

**Exercise 9.**

At home you may also perform all exercises starting from the sitting position, described in the section "In the Office." Keep doing them while watching TV, working at the computer, reading a book, etc.

**Exercise 10.**

At home you may also practice another "sitting" exercise, which would have caused a lot of raised eyebrows, had you done it in the office. Lift your arms shoulder-level or slightly higher as shown in Fig. 36. Clench your hands into hard fists.

*Fig. 36.*



This exercise trains the arm muscles, especially the deltoids.

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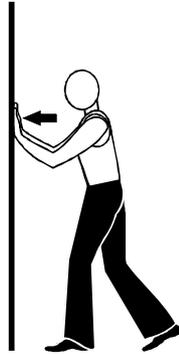
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You need not allot any special time in your day's routine for the exercises described in this section. You may combine them with watching TV or reading books, working or playing at the computer, doing other things you ordinarily do at home.

***Exercise 11.***

You are tired of everybody and everything, you want rest. This situation may also be used to the best advantage. Turn your back on all those you are so tired of and stand facing the wall, as shown in Fig. 37.

***Fig. 37.***



Set your hands against the wall as if trying to move it forward. Continue until you get tired. Alter your position – for example, draw back first one foot, then the other one. Then place both feet farther from the wall and lean on your hands. Alter the distance between your feet, putting them close to each other, then moving apart.

The position of hands may also be altered: place them first chest-level, then head-level, then above your head, then lower them to the level of your waist. You may turn the palms fingers up, then fingers down, you may vary the distance between your hands and combine these variations with different foot positions – there are dozens and dozens of combinations!

The exercise is effective for training all muscle groups, as well as for relieving the stress.

### 3. Training System

*When you are uncomfortable and uneasy,  
you develop.  
When you are comfortable and at your ease,  
you degrade.*

Along with the basic exercises, the PSV method includes the so-called *system*. We'll draw on the author's personal experience of going in for karate for many years to demonstrate the difference between the basic exercises and the system in this martial art.

The basic techniques of karate includes classical stands, blows, and blocks. But even if you have mastered all basic exercises backward and forward, you will never become a master without realizing that karate is not just a sequence of motions, but an integral *system* including, along with physical exercise, a certain way of thought, a philosophy based on the principles of mental and physical self-perfection. An old saying runs: "Karate is a way of life, not a sport." This is what the greatest karate masters teach.

So, the ultimate end of karate is physical and mental perfection. But, above all, karate is a martial art, to master which one has to do one's utmost, including many hours of daily training and throwing one's life into the melting-pot. Being a professional sport, karate is a specific social and physical pattern of human life, which requires from the person observing certain rules, following a strict regime of dieting, training, daily routine, etc. It affects practically all spheres of human life and provides a high level of motivation, when a sportsman is ready to sacrifice many things in his life for the sake of achieving best results in sport. For most people who are not taking aim at the sport career, meeting all these requirements is hardly possible. Due to many objective and subjective reasons, most people "live" in sport only as onlookers, enjoying the beauty and hot contest of the competitions. However, many people who have no ambitions to accomplish athletic feats want to preserve a good form and physical activity as part of their self-perfection and self-affirmation, they want to be healthy and physically attractive. Achieving these ends, in contrast to the "big-time sport," does not require from a person special talents or abilities.

Using the PSV system is practically not limited by individual characteristics of the person such as state of health, age, physical abilities, etc. But, very much like in karate, to achieve best results one needs to realize that the PSV method is an integral system. This is not so difficult. We should only remember that all everyday situations, including unpleasant and unfavorable ones may be used to the benefit of our health.

First of all, one needs to remake one's own thinking and employ creative approach to be able to use various objects we encounter in our everyday life as sport apparatuses and body-builders and to train anywhere without losing time.

To illustrate the possibilities of system approach to the PSV method, we are going to consider several practical examples in this section. Firstly, they will help you better understand the *system*, and secondly, you will be able to use the simple exercises described below in your own training experience.

Another important principle the PSV method is based on is the effective use of numerous unpleasant situations and of the time lost in such situations to one's own advantage. These are not uncommon everyday situations like getting caught in a traffic jam, standing in a queue, waiting for somebody, doing uninspiring "mechanic" work, carrying heavy bags, climbing up the stairs, etc. In addition to the physical perfection, you benefit from relieving the psychological stress. In other words, you stop getting nervous about wasting time, which again is beneficial for your health and personal appearance.

In effect, the PSV exercises are heaving exercises characterized by rather a high degree of muscular tension and done either without any apparatuses, or with improvised means used as specific "apparatuses." The most important thing here is the principle of creative approach to various life situations and everyday objects surrounding us and inexhaustible resourcefulness in turning them to advantage.

As an integral system and a well-founded method, the PSV is a most recent development, but it is based on time-proved principles of continuous training and "forming" the body. The method proposes new ways of practical employment of these principles, arranged into a system of exercises.

The famous Russian wrestler Ivan Poddubny used elements of continuous hidden training. He always carried a massive walking-stick. It looked like wooden, but it was cast-iron inside, and thus very heavy. This simple trick based upon hidden training helped the great sportsman keep his muscles in constant strain.

Today there exists great interest, even in very high-level quarters, to such "zero-cost" ways of establishing public health. According to the World Health Organization, architects will soon have to think about strengthening people's

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health while planning housing schemes. Residential quarters of European cities will be planned so as to make their residents walk at least some distance on foot, so that they could have some physical exercise. Such daily exercise, whether willed or unwilled, is yet another example of continuous hidden training.

Using elements of continuous hidden training is not an uncommon thing in the life of many people who have nothing to do with professional sport. You undoubtedly have a friend or two who walk upstairs and downstairs instead of using elevators and at times ignore public transport, preferring to go a couple of blocks on foot. As a matter of fact they aim to compensate for the lack of physical strain acting upon the same principles of hidden training. They have hardly heard anything about the PSV method, but they do it instinctively, answering the needs of their body.

\* \* \*

Here are some examples of continuous hidden training and some ways of using available everyday objects as sport apparatuses and body-builders.

### *EXAMPLE 1.*

You live in a multistory building? Lucky you are. You may always use a highly effective (and, mind, absolutely free!) sport apparatus your body needs so much – a staircase. Do you ignore the staircase and use the elevator whenever you can? It's rather unwise of you, as walking up and down the stairs is an excellent exercise strengthening your leg and abdominal muscles and in general making your body more enduring.

Always walk from your story downstairs! If you do it every day while going to work, this will at least partially compensate for the lack of morning exercises. Coming back from work in the evening, also try to ignore the elevator whenever possible (of course you needn't climb the stairs if you feel below the mark).

If you are new to this kind of exercise, start with walking upstairs to the 3<sup>rd</sup> or 4<sup>th</sup> story (if you live higher, you may then resort to the help of the elevator). For most people this would be the optimal initial "strain dose," causing no excess tiredness or discomfort (when "blood is hammering in the temples"). If you find such intensity insufficient or excessive, you can always adjust the strain. Analyze your own sensations, add or lower the strain as you feel appropriate, there are no "standards" in such matters.

After some time you will feel that walking up to the 4<sup>th</sup> story is no effort at all. For you this is a signal that it's time to intensify the strain. Do it little by little, adding as many stories at a time as you need to retain the "comfortable strain" feeling. Remember that the ultimate end of the PSV method is providing your body with an adequate strain for the normal functioning of all organs and systems.

In order to alter the strain intensity and train different muscle groups, change the way you move up. For example, you may skip upstairs two at a time, or step on your toes only, or walk with half-bent knees. You may work out your own elementary movements and combine them upon your choice. Use any "gait" you find most interesting or effective.

Besides developing your endurance, strength, and perfecting your physical form, you may be proud by the fact that due to your exercise your city is saving some funds spent on electricity and the servicing of elevators.

### *EXAMPLE 2.*

You are returning home with heavy carrier bags in your hands. It cannot be denied that there is nothing in this situation to be happy about. You are eager to reach your car or apartment and to get rid of the burden as soon as possible. Get a new angle on the matter and welcome the whole situation as a possibility to strengthen your physical potential without any expenses, and at the same time to perform the task which must be performed in any case.

To transform the unpleasant occupation into a pleasant and useful one, you will need some imagination. Imagine that instead of bags you are holding dumbbells in your hands. Slightly bend the elbow of your arm carrying the "dumbbell-bag" (or both elbows if you are carrying two bags). Now instead of the painful, harmful and potentially dangerous to your health sprain of ligaments (which you had before the beginning of the exercise), you are training your arm muscles and, hence, deriving benefit for your health from the situation.

Altering the position of your arms – drawing them slightly towards the sides, bending the elbows to a different degree, turning your hands inside or outside – you are training all your arm muscles, as well as some muscles of the back.

As you have already noticed, this exercise also has its "latent" effect. That is, you are changing the health-destroying activity to health-improving one – very simply and without much effort. This is the point we would like to enlarge upon. Usually, when walking or standing for a long time with your arms weighted down by something heavy, you sprain your ligaments and injure the joint capsules of your arms, which, as you become older, develops into severe arm aches. If you do the described exercise correctly, the load falls on your muscles. Thus, the joint capsules are not hurt, and the muscles get the strain necessary to tone them up.

So, you have nothing to complain about: you have performed the task, plus you have enjoyed a few minutes of very effective and absolutely free training your body needed so much! See the situation in this new perspective, consider the new purpose, and instead of the negative emotions you experience every time you have to carry a heavy

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bag, you feel satisfied because you have done something good for your health. Doing this exercise from time to time, you will once be pleasantly surprised: your arms have become appreciably stronger. And this change will also give you great satisfaction.

### **EXAMPLE 3.**

You are standing, say, at a bus stop, waiting for your bus. You are not wasting time for nothing: as you stand, your stomach is gathered in (this exercise was described above). Try some variations of the exercise: toughen and unbrace the abdominal muscles, periodically draw in your stomach and then relax it again (you need not worry; your clothes will hide your movements from the observers).

With this modification of the exercise, you will not only train the abdominal muscles, but also massage the internal organs, which is particularly good for their regular functioning.

This exercise also has a “latent” effect: when it is cold outside, it will help you get warm.

### **EXAMPLE 4.**

Men are fond of a strong hand shake. To make their hands stronger, they often use a hand grip. This simple, but rather effective device has one serious drawback: it often gets lost. Besides, it is not always convenient to carry it in the pocket. Sometimes, exactly when you are in the mood to use the hand grip at home, you find that you have left it in the office, and when you have a spare minute in the office, you realize that you did not take it from home. In a word, due to some very trivial reasons your hand grip becomes your “headache.” As a result you gradually lose any desire to use it at all. Meanwhile, you practically always have a solution of the problem literally “at hand”!

You may easily replace the hand grip by ordinary paper. Use any unnecessary notes, or an unclaimed facsimile message, or a piece of wrapping paper, etc. Compress a paper and crumple it up in a ball – you are holding in your hand an excellent hand grip! Use it whenever you have time for an exercise. If you find it too small, simply wrap it in another sheet of paper. The fact that the paper is not as elastic as rubber is no obstacle; it makes your self-made hand grip even more effective.

Scrap paper is available everywhere, in the office and at home, and you may always throw it out after use. So, now you’ve got a hand grip, but you have no ensuing problems. Again, you are saving the money you would otherwise have to spend on buying a new hand grip instead of the lost one.

### **EXAMPLE 5.**

Many people have to carry on long telephone conversations as part of their work. Others like to spend a good deal of their spare time at home, talking on the phone with their friends. Use the situation of telephone conversations with maximum benefit for your health. During the conversation you may do many basic PSV exercises.

### **USEFUL TIPS**

*Try to be creative, supplement the exercises you have already mastered with elements of your own invention.*

### **EXAMPLE 6.**

Every modern city apartment has a toilet room, the natural center of which is a toilet bowl. Has it ever occurred to you, that the seat of the toilet bowl is a very unhealthy and harmful invention? Like most human inventions, it was once thought up in order to make our existence more comfortable, and it is difficult to believe that this familiar and seemingly harmless object can threaten our health – but so it is.

The regular use of this fruit of human progress results in hemorrhoids, an extremely unpleasant disease.

Many people have a regrettable habit of sitting “comfortably” on the toilet bowl with a book or a newspaper. Our advice is: break off such pleasant pastime, don’t use the seat. It is much more useful to satisfy the physical need as our ancestors did, i.e. standing with half-bent knees. Don’t neglect the golden rule: is easier to prevent an illness than to cure it. Eliminate or, at least, minimize the problem before it has given you any trouble. Besides, the exercise will train your leg muscles.

### **EXAMPLE 7.**

You are moving, say, from your bedroom to your kitchen. Do it, at least from time to time, not in your usual way, but in the so-called “goose-step,” i.e. walking with half-bent knees. When defining the degree of bent, be guided by the general principles of the PSV method – the strain must be enough to provide an effective training, but it must be physically and psychologically comfortable. This exercise is good for the leg muscles. Besides, it develops the general endurance of the body. If you suffer from pains in your knees, this exercise (done regularly) will help you get rid of them.

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**EXAMPLE 8.**

Every day you do the same movements, lacing and unlacing your boots. Do it without bending down, but holding your leg balanced, standing with your knee lifted waist-high.

If done regularly, this exercise effectively strengthens the leg and abdominal muscles.

Or, if you want your waist to become suppler, you may bend down while lacing and unlacing your footwear, but with straight knees.

**USEFUL TIPS**  
**A WORD ON DIETING**

*Do you remember the elementary school problem about a cistern and two pipes? The more water pours out and the less pours in, the less is left in the cistern. The PSV exercises have considerably increased the burning of fat in your body, but to speed up the effect you'd better reduce fat consumption. For this purpose you should replace rich food in your diet with non-fat or low-fat products. This may be done very easily. For example, instead of pork containing about 30% of fat you may eat lean beef with fat content about 7%; pork sausage containing no less than 30% fat may be replaced by beef sausage containing about 12%. Give up white bread (up to 6% fat), replace it by bran bread (about 1% fat), etc. Of course, some products can not be so easily replaced (for example, butter or sunflower oil), but you can lower their consumption. Butter contains about 70% of fat, so spread it thin on your bread; eat salad with sunflower oil with a fork, versus a spoon, and never eat up the dressing from the salad dish. Mind, the fat content in sunflower oil reaches 98%! In general, be more attentive to what you eat; it's very simple because fat content is now indicated on most food packages. Replace products with high fat content by low-fat ones, or reduce their use. Never overeat, and never load up late at night. If you feel you are full, and there is still food left in your plate – don't hesitate to throw it away. This is the best thing you can do for your health.*

Doing the PSV exercises and keeping to this simple diet, you will attain the needed result quickly, in the most simple and natural way.

#### 4. *Psychologist's Advice for Beginners*

While testing the PSV method, we found that some people who are just beginning to use the method face a number of psychological problems.

**Problem One. You forget to do the exercises.** You like the process of training, you feel the effect, you want to do exercises as often as possible, but you forget that now you have an opportunity to train anywhere, under any circumstances. Such forgetfulness is caused by *lack of habit*.

According to psychologists, a habit is “an automated action which has become a need in certain circumstances.” So, to solve the “forgetfulness problem” you need to form a habit of getting physical strain at any time, all the time. To help you cope with this task, we have elaborated a special exercise, which is described lower in *Solution 1-2*.

**Problem two. You take any physical strain as a nuisance.** Humans are apt to seek for rest, to save pains and energy. Throughout the history of the evolution, people had to put enormous energy into survival, therefore they always tried to use what little spare time they had to accumulate more strength. Today, the conditions of life have changed greatly, our life is not connected with considerable physical strain as before, and for most of us it is deprived of even the slightest strain. But the pattern of avoiding any physical activity remained as a sort of hereditary peculiarity transmitted from our remote ancestors.

As a matter of fact, any activity means making some effort. But there are different kinds of activity. Some actions – habitual ones – are performed “automatically,” hence they cause no psychological opposition on the part of their performer; other actions require conscious effort and control and are performed only out of vital necessity and to prevent unpleasant consequences that might arise from their neglect. (Who likes going to work every morning? But there's nothing to be done!)

To avoid negative emotions caused by the necessity to expose yourself to physical strain while using the PSV method, you should, first of all, realize the vital necessity of this strain for yourself and your body, and the inevitability of numerous disorders and diseases in the absence of physical activity. Second, you should make the training skills automatic, then you will stop taking your training sessions as a stressor. Then doing the PSV exercises will become an integral part of your daily life (like, say, tooth brushing in the morning). Third, when the physical strain becomes constant, you will soon notice that the exercise has not only stopped to irritate and oppress you, but, on the contrary, is giving you pleasure. The fact is that physical strain (if it is constant) launches some biochemical processes in our bodies, as the result of which the endorphine hormones, or the so-called “happiness hormones,” are produced. These are morphine-like substances causing the state of euphoria, but, unlike morphine and other drugs, they are absolutely useful to the body. The endorphins act like drugs in that they gradually form in you a need for getting more portions of this hormone, which makes you adjust your behavior so that your body could experience physical strain again and again. After rather a short period of continuous training you develop an irresistible desire to come back to the exercises as often as possible.

According to some special studies, endorphine production is stimulated by chocolate, among all products we eat. That is why (and not just due to its delicate taste) chocolate is so loved by many of us. But, consuming the exquisite bitter and sweet bars, we obtain not only the state of happiness, but also plenty of carbohydrates and fats. This can hardly be called useful. Doing physical exercises, you may successfully combine usefulness and pleasure. Soon you will notice with some surprise that your usual distemper, disquietude, and depression have left you. A state of pleasure and even light euphoria, positive mentality, and optimistic mood will become habitual in you.

Meanwhile, as the habit of regular training is being formed, and the “happiness hormones” are still in the process of production, we'll try to aim you at obtaining positive emotions from the training process. Here again the *Solution 1-2* will help.

**Problem Three. You diligently and regularly do the PSV exercises, but you do not notice the positive changes.** The explanations of this phenomenon also lie in the psychological sphere: these are the habit of feeling unwell, the habit of imagining yourself a person of delicate health, and also the desire to obtain instant and wonderful result – e.g. to reduce by 5 kg after one training session, or to recover from all possible illnesses within a week. The PSV method does not work such wonders. Serious changes are achieved only as a result of constant training. This failure to see your own achievements may inspire distrust in the efficiency of what you are doing and doubts about the expediency of further training, which, in its turn, will make you give up the entire method. So what can be done? To deal with this problem, we propose to apply the “Problem Mapping Technique” described in *Solution 3*

**Problem Four. You enjoy doing the exercises when you are alone, but you feel constraint when training in somebody's presence.**

The constraint you experience for the fear of meeting misunderstanding on the part of your associates is psychologically justified. Firstly, everything which is new, strange, and unusual is first met with antagonism, because of lack of information. Secondly, like any one of us, in your everyday life you play a lot of various social roles. In the office you are a departmental manager, in the shop, a customer, in the cinema, a spectator, at home, a spouse and parent, in public transport, a passenger, and at the wheel of your own car, a driver. In many respects your behavior is defined by the social role you are playing at the moment. When a person's behavior does not conform to

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his/her current social role, such behavior causes perplexity, and at times indignation of others. It will really look strange, if you address the subordinates in your department or the officer of the motor licensing and inspection department in the same terms as you use, say, talking with your parents at home or with your next-door neighbor.

There is a set of stereotypes present in the public consciousness, prescribing certain patterns of role behavior which are considered “appropriate.” Everything that steps out of line looks somewhat suspicious. So, physical exercise is regarded as “appropriate” if you are in a drill hall, or a fitness-club, or a stadium. But the same exercise done in the bus, or at the negotiating table in your office, will cause a lot of raised eyebrows, as doing it will break habitual stereotypes. While working on the PSV method, we considered this problem already at the development stage: all exercises recommended for training in the office, in public transport or in other public places, are deliberately intended to be “hidden” from the onlooker. There is also a set of exercises to be done at home. Many of these are absolutely “invisible,” but, while doing some of the others, you are likely to puzzle your relatives. Your family may worry about you if one morning, without any prior warning, you suddenly start walking about the apartment “in goose step” or imitate cycling while sitting on the sofa.

*Solution 4* describing the “Involvement Technique” will help you find understanding and support in the family and “recruit” allies among your relatives.

\* \* \*

The exercises described below should be done **only at the initial stage of mastering the PSV method**. When you become used to regular physical activity, you will not need additional reminders, encouragements, stimulation, extra motivation or any other help. Motional skills quickly become automated. The psychological orientations you have created will soon begin to work and will remain effective for a long time without further effort on your part.

You will have to work hard at the first stage, though. Psychological exercises are perhaps the most laborious of all, as they involve some thinking, patience, and concentration. All the same, if you have already faced typical problems described above, don’t be lazy and find time for them – they are certainly worth it. You are not going to run the risk of having all this trouble for nothing, are you? If, on the other hand, you have no problems described above, you may dispense with these exercises: there is nothing mandatory in the PSV. Later, when you have free time and a mood for experimenting, you may come back to them and try them at work. You’ll like them!

#### SOLUTION 1-2 “SETTING-UP EXERCISE”

We have developed a special technique – the “Setting-Up Exercise Based Upon the ‘Double Anchor’ Hypnomnemonics.” This is a double-effect exercise intended to solve two of the problems mentioned above: the problem of “forgetfulness” and that of your own negative attitude toward physical activity.

Those who are not especially curious may proceed directly to recommendations given below, the others are invited to read the explanation of the complicated name.

The exercise is referred to as “setting-up” because it is intended to set up a certain state of mind. It is “mnemonics” because it involves techniques facilitating remembering by forming special associations; and it is “hypnomnemonics” because it includes elements used in professional psychotherapeutic hypnosis. Thus, the exercise carries out a double function: a reminder plus an auto-training. While working with this exercise we establish two types of relation.

1) Conditioned-reflex relation between a visual image of your own arm and the beginning of the training. The purpose of establishing this relation is to remind you about the necessity to begin the training.

2) Associative relation between the process of training and your own positive sensations and positive ideas. The purpose is to weaken and in future completely eliminate the negative attitude toward physical activity, to remove the negative emotions and psychological stress accompanying physical exercises in case you are prejudiced against physical strain.

The point of the exercise is as follows: using certain phrases of the text – linguistic formulas – you send to your brain a set of commands, which are readdressed by the brain directly to the pertinent organs and the body as a whole. The image of the arm is associated in our mind with the exercises and accompanying muscular strain.

Now that the relation is established, every time you get a sight of your arm it serves as a signal to begin the training session. In this case the arm is used as an “anchor” for the training situation. The term “anchor” (something that forms a link with a certain situation in your mind) is used in the psychotherapeutic practice of neuro-linguistical programming. The image of your arm forms a link with the muscular strain and the beginning of the training session. It is not by chance that we have chosen the image of the arm for an “anchor.” Your arm is always with you, and, besides, you usually get a sight of your arm whatever you are doing. As your aim is to develop a habit of constant training, the more often you are reminded about it, the better.

Before you start doing the exercise, read the recommendations and instructions below.

##### General Recommendations

While doing the setting-up exercise, it will be helpful to use the text suggested below. The text may seem too long to be easily remembered and reproduced. But you need not learn it by heart. You may change or streamline it, convey its main ideas in your own words. You may also construct your own individual text. In his case bear in mind that while working on the suggested text we used some special devices employed in professional psychotherapy,

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which can hardly be described in a few words. Therefore, if you are going to develop your own variant, consider the recommendations given below in the section “Recommendations on Creating Your Own Text.”

Or you may dictate the ready variant of the text on the cassette-recorder or dictaphone beforehand and use this record while doing the exercise.

The text of the setting-up exercise may be said aloud or to yourself. Whether you use the ready text or your own variation, speak from the first person. Try to make the rhythm of your speech coincide with the rhythm of your breath, it will help you achieve the best agreement between the words and own inner sensations.

### Recommendations on Creating Your Own Text

Even if you have made up your mind to use your own variation of the text for the setting-up exercise, first of all read the suggested text. Pay attention to its structure, the relations between the phrases, the use of semantic links and key words. Try to employ the same principles while working on your own variant. Make sure to use in your text the bold-faced *key words and phrases* from the text below. It is with their help that the necessary state of mind and psychological orientations are created, so they should be learnt by heart and used in your auto-training text as ready-made formulas, without any changes.

The phrases should be simple and short.

Use the pronouns *I, my, me*, etc. as often as possible.

Always use words with positive meaning only, for example “I am relaxed,” “it is easy,” “I am healthy,” etc. and never use negative formulas like “I am **not** tense,” “it is **not** difficult,” “it does **not** hurt me,” etc.

List step by step all things related to your arm, your body as a whole, your muscles, your heart and other internal organs, to your psychological condition. Begin with sensations (visual, tactile) related to your arm. The further order of listing is of no importance.

Include in your text what you find especially important for you, for example, if you have backaches, you may say: “my spine is getting better, it is becoming flexible and strong,” etc.

Speak about things that may indeed be perceived, do not devise beautiful but too complex images like “I feel free like a wind” (unless you very well know *how* the wind feels free).

In general, use your creative energy for your own benefit. When your text is ready, read one more brief instruction below and start doing the exercise.

### Instruction for doing the setting-up exercise

**Step 1.** Start doing the PSV exercises. The choice of exercises, their order, and number of repetitions are of no importance. Choose several different PSV exercises to be performed in the course of the auto-training.

**Step 2.** Without interrupting the training, fix your eyes on your arm (the right one for right-handers, the left one for left-handers). **Important!** Coming back to this exercise during the following training sessions, always use the same arm, to secure the association.

**Step 3.** Continue your training and, while keeping your eyes on your arm, say the text of the auto-training. If you have made an audio record, turn it on and repeat the text together with the record. Try to concentrate on your sensations, and try to make them in keeping with what you are saying.

**Step 4.** Continue the training for some time after you have finished doing the setting-up exercise. **Important:** make sure that the end of the psychological training does not become a signal to the termination of the physical training.

### THE READY-MADE TEXT OF THE SETTING-UP EXERCISE

**“I’m looking at my arm, and at the same time I’m training. And every time when I see my arm, I shall train. I see my hand. I see the skin on my hand, I see the lines on the skin. While seeing them, I am training.**

**I see my fingers: the little one, the annular, the middle one, the index one, the thumb. I see the phalanges of my fingers; I see folds where the phalanges join. I see pink nails on my fingers. While seeing them, I am doing the exercises.** My fingers can do a lot of different movements. There are no muscles in the fingers, and still they can move, because they are connected to the muscles of my arm. **All parts of my body are connected to each other.**

I see my arm and I know that it belongs to me. And when I see my arm I **begin to train.** I can see my wrist, my forearm, my elbow, my shoulder. While looking at them, I continue the training. I know that I can control my arm. I am the master of my arm. And my arm is a part of my body, a part of me.

I am the master of my body. My body **obeys** me. It serves me. **I can control my body and I can take care of it. I want my body to give me pleasure. I want to have a healthy, strong, beautiful body. I train my body to be healthy. I can feel strong. I can control my health.** And I train to feel well. **While training, I do much good to my body.** I like the exercises. Doing them is easy, pleasant and natural. I enjoy these sensations. **And my body becomes stronger with every minute of the training.**

**While doing the exercises, I train my muscles.** And I feel them strain. This is a pleasant strain. **I can feel my muscles work, they obey me. I can control my muscles. And when I see my arm, I can toughen and relax my muscles as I like.** My muscles train, when I toughen them. They rest when I relax them. They become stronger. My muscles gradually grow and become more powerful. They do their work perfectly.

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**During the training, my heart is active.** Its rhythm is perfect. **And when I see my arm and do the exercises, I can feel the rhythm of the heart.** Its beat is measured. My heart works for me. I want to take care of it. My heart is my most important muscle. I am training it. The exercises I am doing now are very useful for my heart. **While training, I help my heart to be healthy. My heart is becoming stronger and more enduring.** It continuously pumps blood to all my organs.

All my **internal organs** work well. **When I train, all my organs start working better.** My metabolism improves. And I am getting rid of excess fat. All my organs become healthier while training. Now they work easily. **By training, I help my whole body.**

**While I am doing the exercises, I breathe calmly.** My breathing is free, regular, and easy. When I breathe, I can feel my chest rise and fall. My breathing is superficial. I take in as much air as I need. **And when I see my arm, I can enjoy my breathing.** I need a good breathing to feel well. **While doing the exercises, I train my lungs.** Now my lungs work perfectly.

**While all my organs work like a clock, I feel joyful. And my joy is related to the sensations I experience during the training.** I am active. I like being active. I derive pleasure from my sensations. And while my **muscles are tough, my nerves are relaxed, and my mind is quiet.** My head is clear. My brain works perfectly. It is easy for me to think. Interesting and pleasant thoughts occur to me. I enjoy my thoughts greatly. I think I can help my body by training. And this is true. **Therefore I feel perfectly well.** I derive pleasure from everything that surrounds me. Everything is easy for me. I receive the energy I need. Now I can cope with many things. I do easily and naturally all things I have to do. I like it. I am free. I can do anything I want. I feel I hold everything **in my hands. And it is indeed so every time I see my arm.**

**And when I stop looking at my arm I continue doing the exercises. And I go on to feel what I felt when I was looking at my arm. And now during each training session I shall feel exactly what I have been feeling now, while looking at my arm."**

To secure the necessary relations, several sessions of the setting-up exercise will be needed. 5-7 sessions (one session a day, best of all every day) are advisable. However, there are no strict requirements as to the number of the sessions. As soon as you feel that you have achieved the needed result, you may stop doing the setting-up exercise. But if you really enjoy the sensations connected to this auto-training and would like to do it from time to time simply for pleasure, you are certainly welcome to do so.

### SOLUTION 3 PROBLEM MAPPING TECHNIQUE

The technique is intended to help in the situation when a person who has taken up the PSV system fails to notice positive changes in him/herself and therefore may lose motivation to continue.

The purpose of this exercise is to help you see the changes, the “intermediate results” bringing you nearer to the ultimate aim. Each figure in the “Checkup Results” column that has changed in the needed direction is your personal achievement, your personal victory. Each new victory will become for you a powerful stimulus to continue doing the exercise. Moreover, you will start to derive pleasure from the training sessions when you see that they make your life better.

**Step 1.** To work with this technique you will need a special table – the Problem Map. Prepare the form for the table. Take a clean sheet of a paper (e.g. an A4 sheet), a ruler, a pencil, and a pen.

Place the sheet crosswise before you and draw a table (see Table 1). Or you may draw the same table on the computer.

**Table 1. Problem Map Form (Sample)**

MY PROBLEMS as of “__” _____ 200__	DATE / CHECKUP RESULTS												MY AIM	

**Step 2.** We fill the first column of the Problem Map.

First of all, put down the date below the words “My Problems.” It is important! This date will become a reference point.

List in the left column your health problems giving you most trouble and **which may be measured in some definite units**. Describe each problem using precise figures, make the descriptions detailed. For example, you may write not just “excess weight,” but “my weight is 87 kg, excess weight 12 kg,” not “I am fat,” but “big stomach, \_\_\_ cm,” not “tachycardia,” but “heart rate \_\_\_\_\_ beats per minute,” and not “hypertension,” but “high blood pressure 180/140 mm.” (You may be doubtful about which values to choose if they vary all the time? Take the values which make you feel unwell.)

Number the problems you enter on the list. Take your time, try to mention everything that you find of some importance. If you remember something later, you may add it to the end of the table. The numeration order does not matter; you need it only for your own convenience. If necessary the table can be extended, even after you have begun using it (see Table 2).

**Step 3.** When all “measurable” problems have been listed, proceed to your other health-related problems which cannot be so easily evaluated in precise figures, for example, “backaches,” “short breath,” “headaches,” “gastritis,” “skin diseases,” “weak, flabby muscles,” “inequalities of the pulse,” etc. These should also be placed in the “My Problems” column. Draw a subjective judgment scale below each of the “non-measurable” problems. The subjective judgment scale is a horizontal line divided into five equal segments. Number the scale marks as “0,” “10,” “20” ... “50.” Thus, you’ve got a 50-point scale with five 10-point scale segments and 6 marks, where “0” corresponds to the absence of the problem in question, and “50” means that the problem is clearly marked and is particularly urgent for you.

**Step 4.** Try to estimate each of your problems in points on the subjective judgment scale. Examine each item on your list. How often do you face the problem in question? How badly does it manifest itself? How do you react (overreact) to it? What is its impact upon your life? Is getting rid of it really of importance for you?... etc. Having answered all these questions, you will be able to estimate each problem in “subjective units.” Having estimated your current personal sensations concerning each problem, assign a certain value (from 0 to 50 points) to each problem. Mark with a color pen or a crayon the point on the scale where you stand at the moment (relative to the given problem), write below it the corresponding number of points.

**Table 2. Drawing Up a Problem Map (Sample)**

MY PROBLEMS as of “__” _____ 200__	DATE / CHECKUP RESULTS												I WANT TO HAVE	
EXCESS WEIGHT: 87 kg														WEIGHT: 75 kg



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While estimating your problems on the subjective judgment scale, you considered certain criteria (frequency of occurrence, intensity, significance, etc.). Now, using these and other criteria (which you may define individually for each problem), answer the following question: “How will you know you’ve got better?” (For example, your pains come not so often and are not so intense, etc.) Define the result you would like to achieve (for each problem). Where, at what point of your subjective judgment scale would you like to find yourself? Do you plan to solve the problem cardinally? To move slightly toward the zero mark? Perhaps, some problems on your list are not all that significant for you after all, and you might as well let them be?

It is important that you yourself knew well what exactly you are after, and clearly visualized what should happen to you as a result of your PSV training. Word the purposes you have in mind, make them as definite and detailed as possible, express them in figures in case they are measurable and in the subjective value scale points if they are not. For each problem from the left column, write down a desirable result in the right column. For better graphical presentation, you may, for each “non-measurable problem” from the left column, draw another 50-point subjective judgment scale in the right column and mark on it the values you aim at.

It is **very important** to choose realistic aims. If your weight is 115 kg, you will hardly reduce it to 60 kg within a short period of time. Or if you have suffered from hypertension for many years, a week of training won’t give you an ideal blood pressure, etc. Be realistic, otherwise you may be disappointed, and this is exactly what problem mapping is intended to avoid.

And one more important thing concerning your “statement of purpose.” When choosing the aim, and then estimating the result, you should use a complex approach. For example, you should not aim “to reduce in weight rapidly” without taking into consideration the ratio of fat and muscular components. The PSV exercises will gradually reduce your weight, but the changes may be not so rapid as you expected. If you are worried, pay attention first of all not to the weight changes, but to the changes of your waist, arm, and leg measures. Look at yourself attentively: do you look slightly slimmer? Have your muscles become more elastic? Then you are moving in the right direction, your fat deposits are turning into muscular weight. The muscular tissues being much heavier than fat, the weight reduction is very slow. And, besides, is the kilograms you are going to lose the main thing? The final objective of your PSV training is strengthening your health and getting rid of your problems. By getting rid of excess fat and strengthening the muscles, you solve many health problems and become stronger, tougher, and more attractive. That is why it is so important to consider and define your purposes correctly, and that is why we give so much attention to the “Problem Mapping Technique.”

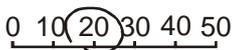
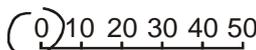
**Step 7.** While drawing up this table, you have done the most difficult, laborious and unpleasant part of the job. After that, you will only be pleasantly surprised and enjoy using it.

Now put away the table and do your daily PSV exercises. Return to the table after five or seven days.

**Step 8.** In the top cell of the first vertical column, write the checkup date.

Take measurements of all parameters represented in your table (weight, blood pressure, etc.). Insert the results for each parameter in the cells opposite the corresponding problems (see Table 3).

**Table 3. Problem Map Filling (Sample)**

MY PROBLEMS as of “__” _____ 200__	DATE / CHECKUP RESULTS										I WANT TO HAVE
	5 Sept. 2004	14 Sept. 2004									
EXCESS WEIGHT: 87 kg	84 kg	80 kg									WEIGHT: 75 kg
BIG STOMACH: 150 cm	143 cm	136 cm									WAIST: 80 cm
...											...
FLABBY MUSCLES: 	42 points	35 points									
											...

Now think of the “non-measurable” problems which you estimated on the 50-point scale. Take your time, try to consider every detail. How often do these problems disturb you now? Do they give you as much trouble as before?

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Has anything changed in your state since the day you made this table? What is the direction of these changes? Do you find them significant?

Estimate your state concerning each of your problems on the 50-point scale and insert the resulting number of points in the current column. Mark with a color pen or a crayon the point on the scale corresponding to your today's state (this will allow you to better visualize your results and observe the positive changes, which, in its turn, provides a good motivation to continue the training).

It is very likely (and quite natural!) that you may want to check your parameters as often as possible. We do not advise to do it more often than once in 5-7 days: you may be disappointed by the lack of instant impressing results. We repeat again, that the effect of the PSV method becomes evident only after some time. So, better take the checkup measurements regularly but not too often.

There is no need to check the changes at regular intervals, but don't forget to insert the checkup date. In this way you will be able to see when and why the changes occurred. We are sure that these changes will encourage you to continue your PSV training.

## SOLUTION 4. “INVOLVEMENT TECHNIQUE”

So, you have mastered the PSV exercises. You derive from the training both benefit and pleasure. The only thing spoiling your pleasure is the discomfort you feel when doing some exercises in the presence of others. There is a very simple way to avoid misunderstanding on the part of any outside observers: perform only those exercises which may easily be hidden from the observer's eye. The PSV is a very flexible system, adaptable to any circumstances. The exercises which you would not like to do in public may be excluded from your individual training program, or you may do them only when you are alone. This may be not a bad way out, especially when the situation in the family is not ideal.

But if you have no problems with your nearest relations, you have an opportunity to use another, more productive way. As it has already been said, the two main reason of the problem in question are lack of information and behavior stereotypes. Explain to your relatives what you are engaged in and why. As soon as people understand the reasons of your behavior, they will begin to take it for granted, and in due course they will even find it quite natural. Indeed, no one seems to be shocked when a person is doing routine morning exercises!

And there are many more examples. Some people go for a run in the morning for the benefit of their health. Nobody points the finger of scorn at them, and in fact nobody pays any attention, although several decades ago a person in a T-shirt jogging round the winter park would cause much bewilderment. To say nothing of the winter-swimmers or followers of a particularly tough health-improving system who seem to enjoy walking barefoot in the snow or taking a cold shower in the severe frost! Even in such cases, when these enthusiasts' motives are known and clear, their behavior is looked at as quite normal and ordinary. The fact is, people form their attitude to the doings of other people basing on the standard behavior patterns accepted in the society. Thus, the social behavioral stereotypes become a criterion in forming the conduct regulations. A new behavior pattern arises from the knowledge that a certain kind of behavior brings about a certain result, and if its objectives are socially acceptable and approved – like, for example, the desire to be healthy – such pattern is viewed favorably by the society and becomes a norm. Moreover, learning about the advantages of the new method, many people become its followers. In wildlife, as well as in the human society, the most widespread learning method is imitation. Looking at you, your relatives will probably very soon want to try the method too.

If you have worked with the PSV method for several weeks, you can feel some of the numerous positive effects of the system: you feel toned up, more high-spirited, and in general better than before; you have become more vigorous and enduring... Then you have a chance to help your relatives to become healthier and to feel the pleasure of life. If they are still not enthusiastic about the PSV method, help them. Tell them about the PSV method, let them read this book, show them some exercises. Tell them that even if their health problems are different from yours, still the PSV exercises will help them find a solution, as the method is based upon the complex and individual handling of both physiological and psychological problems. Show your relatives the problem map with your results, let them observe the positive changes occurring with you. This is very important, because most people would like to see “how the thing works,” and only after that to make decisions about taking this “thing” into their own life. Play the part of a “psychotherapist” and conduct a setting-up auto-training session for your relatives, using the “Double Anchor” technique; read the text for them. Then change your roles, let one of your relatives read the same text for you. Ask your family to remind you as often as possible of the necessity of training (in fact they need it more than you do: if you employ mnemonics you will hardly need this reminding; but it will make them keep the necessity of training in their own memory). You may arrange a family competition, periodically comparing the results represented in your problem maps. Tell your relatives as often as possible that the PSV method is very important for you, that it is beneficial for your health, and that you would like your relatives to take care of their health too.

Trivial though it may sound, your near relations need to hear from you that you care for them, that you wish them good. Often among our daily needs and duties we forget to give our warmth, time, and attention to our dearest people, to say kind words to them. “But I do so much for them,” you may say. “They certainly know my feelings without any words.” And still... At times a few simple words about the most important things is something we need most of all, and in fact these words may work wonders. Tell your parents, your sister, brother, husband, wife, or

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children: “I want so much to see you happy and healthy! Please, try the PSV, it is so simple. I promise to help you.” And probably they will try because this is so important for you. And this will really make you happy.

The PSV exercises, performed regularly even within a short period of time, help to solve practically any problems concerning health, whether physical or mental. It is axiomatic that human physiology and psychology are inseparably linked with each other. That is why we have good grounds for saying that a significant improvement of your physical health will also help to solve many psychological problems, to get rid of complexes, bad moods, low self-estimation, inadequate claims, etc. Of course, if the reason of your unhappiness is, say, your short stature or a nevus pigmentosis on your face, no exercises will *directly* relieve you from these (or similar) defects, but they may affect the situation *indirectly*, through a positive influence on your mind. In fact, the significance of appearance problems for the person’s well-being depends on his or her self-perception, or self-image. Numerous complexes, lack of self-confidence, and in general a negative attitude toward oneself result in anxiety about all kinds of appearance problems. But if you are healthy, cheerful and self-confident, appearance problems gradually lose their importance and cease to dominate your life.

Changes occurring to you will inevitably influence your relations with other people. It is a well-known fact that interpersonal conflicts are frequently connected to a high nervousness level. When people are constantly strung-up, suppressed, dissatisfied with themselves, and balance on the brink of a nervous breakdown, a slightest cause is enough to drive them to distraction. The establishment of psychological balance, mental calmness and optimistic disposition will eliminate many interpersonal conflicts.

A diffident person suffering from imaginary “inferiority” and various psychological complexes always experiences difficulties when communicating with others. The difficulties are very individual, but the permanent “losers” in this situation are the person burdened with complexes and, as often as not, his or her associates. The PSV does not aim at giving answers to all serious personal problems, problems of social adaptation, interpersonal relations, etc. Such problems should be handled by a psychologist or psychotherapist. Nevertheless, the PSV method contributes to the solution of many psychological problems.

Acquiring self-confidence a person transforms, the changes in gait, bearing, look, mime, body language being numerous displays of the transformation. Self-confidence promotes inner freedom. Positive energy radiated by a physically and mentally healthy person who is kind to others and has respect for him/herself, attracts associates, and makes ill-wishers keep from this person’s way.

The PSV exercises allow you not only to perfect your body (which also results in more positive self-perception), but to change your whole person. When you feel perfectly well, it cannot but affect your appearance; when you are optimistic, it attracts others to you; when you feel physically strong, it gives you self-confidence; when you have found in yourself strength and will enough to make your training regular and effective, it gives you a right to respect yourself and to be proud of yourself; when you have achieved good results, it encourages you to set new objectives (beyond the PSV!) and to implement them.

\* \* \*

The main purpose of the PSV method is the perfection of the person’s physical and mental life. Now you have a unique opportunity to set your own individual objectives and to implement them with the PSV method.

We wish you health, pleasure of a life, and success in attaining your end!

## APPENDIXES

### A p p e n d i x 1

#### TEST “DO YOU NEED IT?”

Underline your variant of the answer to the questions below:

1. How active are you? How often do you do physical exercises?
  - a) Four times a week;
  - b) Two or three times a week;
  - c) Once a week;
  - d) Less often than once a week.
2. What distance do you walk every day?
  - a) More than four kilometers;
  - b) About four kilometers;
  - c) Less than one and a half kilometers;
  - d) Less than 700 meters.
3. When you make for your work or go shopping, you:
  - a) As a rule, walk;
  - b) Walk part of the way;
  - c) Sometimes walk;
  - d) Always use public transport or drive.
4. If you can choose between walking upstairs or using the elevator, you:
  - a) Always walk upstairs;
  - b) Walk upstairs, unless you carry a heavy weight;
  - c) Sometimes use the elevator;
  - d) Always use the elevator.
5. On weekends you:
  - a) Work several hours in the house or in the garden;
  - b) As a rule, you are in motion all day long, but you do no physical work;
  - c) Have some short strolls;
  - d) Read and watch TV throughout most of the weekend.

#### Key

- a) = 4 points;
- b) = 3 points;
- c) = 2 points;
- d) = 1 point.

#### Comment:

**18 points or more.** You are very active, you are in a good physical form and quite healthy. You have no need for the PSV method at the moment. We advise you to familiarize with the method and remember how it works, for the future. With years physical activity in many people decreases, and health problems arise. In this case you will have an effective tool for preventing the age-related changes.

**14-17 points.** You are active enough and think about the preservation of the physical form. This is why the PSV method is recommended in your case for preventive purposes.

**9-13 points.** You should pay more attention to physical exercise. Study and apply the PSV method for the strengthening of your health.

**Under 8 points.** Attention! You are too passive, your lifestyle is dangerous for your health. You probably already have some hypodynamia-related diseases (adiposity, cardiovascular diseases, diabetes, etc.) or belong to a high-risk group on these diseases. Your health is in serious danger! You should start using the PSV method without delay!

### MAXIMUM PERMISSIBLE BODY MASS

(in kilograms)

(according to M.N. Yegorov and A.M. Levitski)

Age, years	20-29 years		30-39 years		40-49 years		50-59 years		60-69 years	
Height, cm	m	f	m	f	m	f	m	f	m	f
148	50.8	48.4	55.0	52.3	56.6	54.7	56.0	53.2	53.9	52.2
150	51.3	48.9	56.7	53.9	58.1	56.5	58.0	55.7	57.3	54.8
152	51.3	51.0	58.7	55.0	61.5	59.5	61.1	57.6	60.3	55.9
154	55.3	53.0	61.6	59.1	64.5	62.4	63.8	60.2	61.9	59.0
156	58.5	55.8	64.4	61.5	67.3	66.0	65.8	62.4	63.7	60.9
158	61.2	58.1	67.3	64.1	70.4	67.9	68.0	64.5	67.0	62.4
160	62.9	59.8	69.2	65.8	72.3	69.9	69.7	65.8	68.2	64.6
162	64.6	61.6	71.0	68.5	74.4	72.2	72.7	68.7	69.1	66.5
164	67.3	63.6	73.9	70.8	77.2	74.0	75.6	72.0	72.2	70.0
166	8.8	65.2	74.5	71.8	78.0	76.5	76.3	73.8	74.3	71.5
168	70.8	68.5	76.3	73.7	79.6	78.2	77.9	74.8	76.0	73.3
170	72.7	69.2	77.7	75.8	81.0	79.8	79.6	76.8	76.9	75.0
172	74.1	72.8	79.3	77.0	82.8	81.7	81.1	77.7	78.3	76.3
174	77.5	74.3	80.8	79.0	84.4	83.7	83.0	79.4	79.3	78.0
176	80.8	76.8	83.3	79.9	86.0	84.6	84.1	80.5	81.9	79.1
178	83.0	78.2	85.6	82.4	88.0	86.1	86.5	82.4	82.8	80.9
180	85.1	80.9	88.0	83.9	89.9	88.1	87.5	84.1	84.4	81.6
182	87.2	83.3	90.6	87.7	91.4	89.3	89.5	86.5	85.4	82.9
184	89.1	85.5	92.0	89.4	92.9	90.9	91.6	87.4	88.0	85.8
186	93.1	89.2	95.0	91.0	96.6	92.9	92.8	89.6	89.0	87.3
188	95.8	91.8	97.0	94.4	98.0	95.8	95.0	91.5	91.5	88.8
190	97.1	92.3	99.5	95.6	100.7	97.4	99.4	95.6	94.8	92.9

### IDEAL BODY MASS

(in kilograms)

(according to the Metropolitan Life Insurance Co)

Height, cm	Men			Women		
	Asthenic	Normosthenic	Hypersthenic	Asthenic	Normosthenic	Hypersthenic
148				42.0-44.8	43.8-48.9	47.4-54.3
150				42.7-45.9	44.5-50.0	48.2-55.4
152				43.4-47.0	45.6-51.0	49.2-56.5
154				44.4-48.0	46.7-52.1	50.3-57.6
156				45.4-49.1	47.7-53.2	51.3-58.6
158	51.1-54.7	53.8-58.9	57.4-64.2	46.5-50.2	48.8-54.3	52.4-59.7
160	52.2-55.8	54.9-60.3	58.5-65.3	47.6-51.3	49.9-55.3	53.5-60.8
162	53.2-56.9	55.9-61.9	59.6-66.7	48.7-52.3	51.0-56.8	54.6-62.2
164	54.3-57.9	57.0-62.5	60.7-68.8	49.8-53.4	52.0-58.2	55.9-63.7
166	55.4-59.2	58.1-63.7	61.7-69.6	50.8-54.6	53.3-59.8	57.3-65.1
168	56.5-60.6	59.2-65.1	62.9-71.1	52.0-56.0	54.7-61.5	58.8-66.5
170	57.9-62.0	60.7-66.7	64.3-72.9	53.4-57.9	56.1-62.9	60.2-67.9
172	59.4-63.4	62.1-68.3	66.0-74.7	54.8-58.9	57.5-64.3	61.6-69.3
174	60.8-64.9	63.5-69.9	67.6-76.2	56.3-60.3	59.0-65.8	61.3-70.8
176	62.6-66.4	64.9-71.3	69.0-77.6	57.7-61.9	60.4-67.2	64.5-72.3
178	63.6-68.2	66.5-72.8	70.4-79.1	59.1-63.6	61.8-68.6	65.9-74.1
180	65.1-69.6	67.8-74.7	71.9-80.9	60.5-65.1	63.3-70.1	67.3-75.9
182	66.5-71.0	69.2-76.3	73.6-82.7	62.0-66.5	64.7-71.5	68.8-77.7
184	67.9-72.5	70.7-78.1	75.2-84.5	63.4-67.9	66.1-72.7	70.2-79.5
186	69.4-74.0	72.1-79.0	76.7-86.2			
188	70.8-75.8	73.5-81.7	78.5-88.0			
190	72.2-77.2	75.3-83.5	80.3-89.8			
192	73.6-78.6	77.1-85.3	81.8-91.6			
194	75.1-80.1	78.9-87.0	83.2-93.4			

By their make people are divided into normosthenic, hypersthenic, and asthenic types. The type is defined according to the angle formed by the lower ribs at the point of their convergence in the sternum. In normosthenic type this angle is about  $90^\circ$ , in hypersthenic type more than  $90^\circ$ , and in asthenic type less than  $90^\circ$ . The frame type may also be defined by the size of the chest. In asthenic persons it is narrow and gaunt, in hypersthenic, wider and shorter.

It is practically impossible to consider all factors affecting individual weight, therefore the table gives variations of ideal weight, depending on the person's frame type and other individual characteristics.