

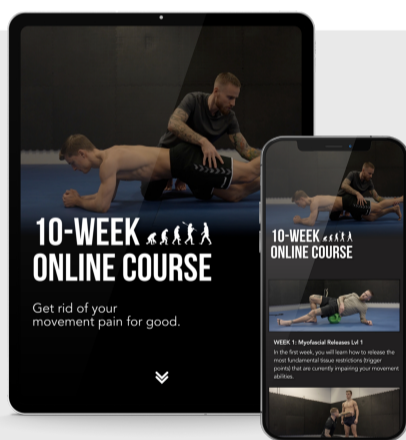
# Biofeedback Band Instructions

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Here is your instruction manual for using the Biofeedback Bands.

In 2019, I discovered a concept of applying rubber bands to the human body to activate specific biomechanical patterns. Instantly captivated by the idea, I began to develop it further. However, I soon realized that traditional rubber bands would not work, as they could damage the skin and were too uncomfortable. This led me to create a new band using elastic cotton, which allowed for the enhancement of unique biomechanical patterns, the correction of common postural issues, and the improvement of lung strength to accelerate breathing function.

This manual provides a selection of essential exercises. For a comprehensive understanding of all the techniques, we recommend enrolling in the 10-Week Online Course<sup>1</sup>, where each method is covered in detail.

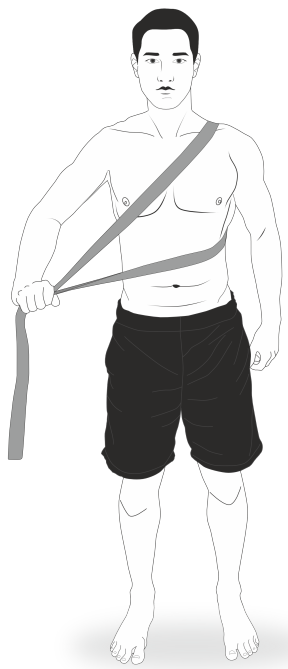


<sup>1</sup>The [10-Week Course](#) was founded by Mads Tömörkényi in 2020 to challenge the traditional approaches of treating the human body. The complex system that revolves around resetting the body to its innate unrestricted state involves topics such as MFR, breathing, posture, movement, and elasticity.

## Technique 1

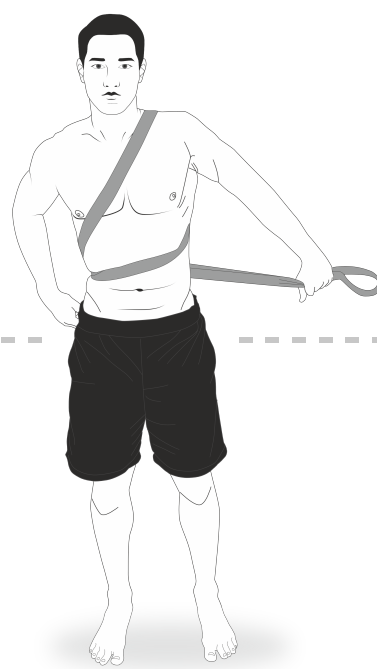
This technique serves multiple purposes. One of its goals is to improve spinal posture. The tension from the bands pulls your shoulders forward into a kyphotic spinal position—a posture you must counteract by retracting your shoulders and tilting your pelvis. This engages the muscles that are weak and restricted, currently contributing to poor posture. Over time, this will help correct it.

Additionally, the bands compress your ribcage and thorax, creating resistance on each breath. This acts like added weight for your respiratory muscles, helping to strengthen them and promote more efficient breathing.



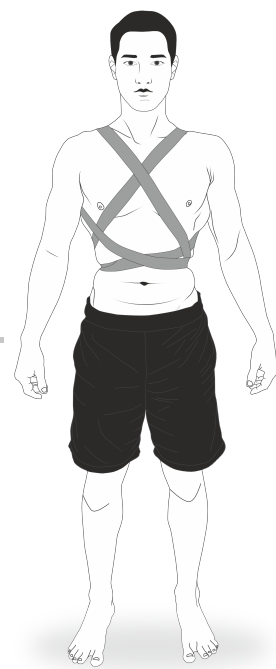
### Step 1

Hold the band in your dominant hand and wrap it over the opposite shoulder. Pull firmly, leaving a large portion of the band in your hand.



### Step 2

Wrap the band behind your lower back, ensuring there's still enough length left.



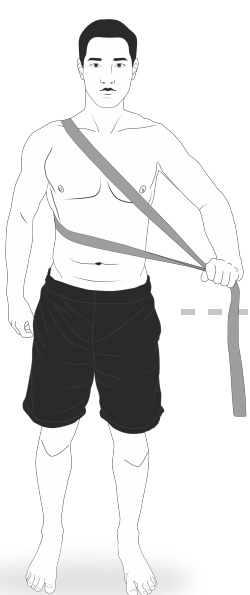
### Step 3

Apply the remaining piece of the band to your dominant shoulder. Adjust for comfort.

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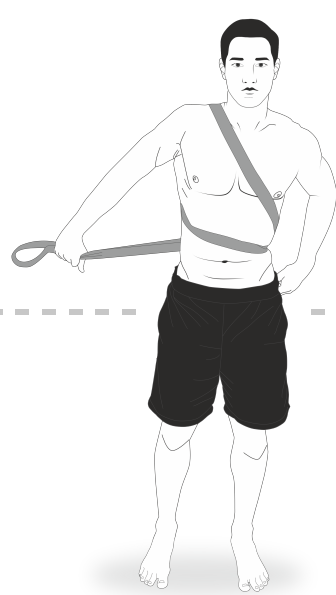
## Technique 2

This technique aims to give feedback to your muscles and joints to help correct biomechanics. It works by pulling you downward into a torso rotation. To counter this pull, you'll need to emphasize the specific muscle contractions that drive the rotation, enhancing the function of the muscles responsible for that motion. As this is a unilateral approach, it should be performed equally on both sides.



### Step 1

Hold the band in your dominant hand and wrap it over the opposite shoulder. Pull firmly, leaving a large portion of the band in your hand.



### Step 2

Wrap the band behind your lower back, ensuring there's still enough length left.



### Step 3

Step into the band with the leg opposite to the shoulder where the band is applied.



### Step 4

You should now feel a distinct pull from your shoulder to the opposite leg, anchoring you into a rotational motion.

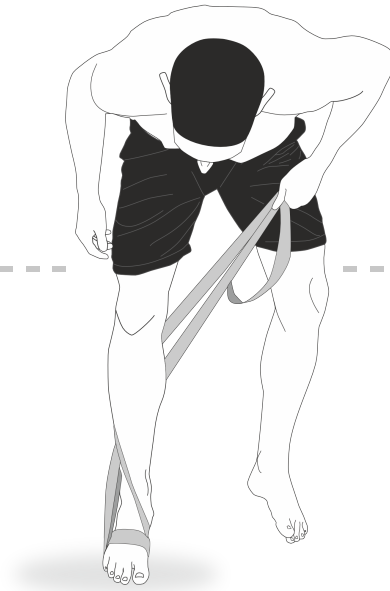
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## Technique 3

This technique helps correct the mechanical dysfunction of externally locked femurs (often known as duck feet). Through this band application, your leg will be exaggerated into this position, forcing the inactive muscles responsible for the dysfunction to engage. Over time, this will create tensile strength in them, allowing the postural dysfunction to resolve.



**Step 1**  
Start by wrapping the band around your foot. Stand on the band and wrap it around once.



**Step 2**  
Pull the band firmly from the outside of the leg, leaving a large portion of the band in your hand.



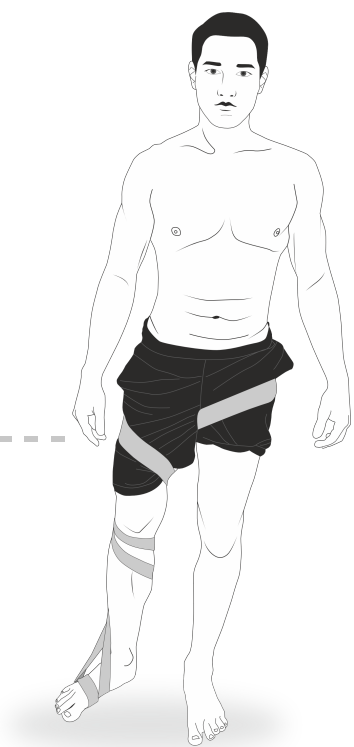
**Step 3**  
Wrap the band around the middle of your leg one more time.



**Step 4**  
Wrap it once more around the upper portion of your thigh, ensuring some band is still left in your hand.



**Step 5**  
Step into the remaining piece of the band with your opposite leg.

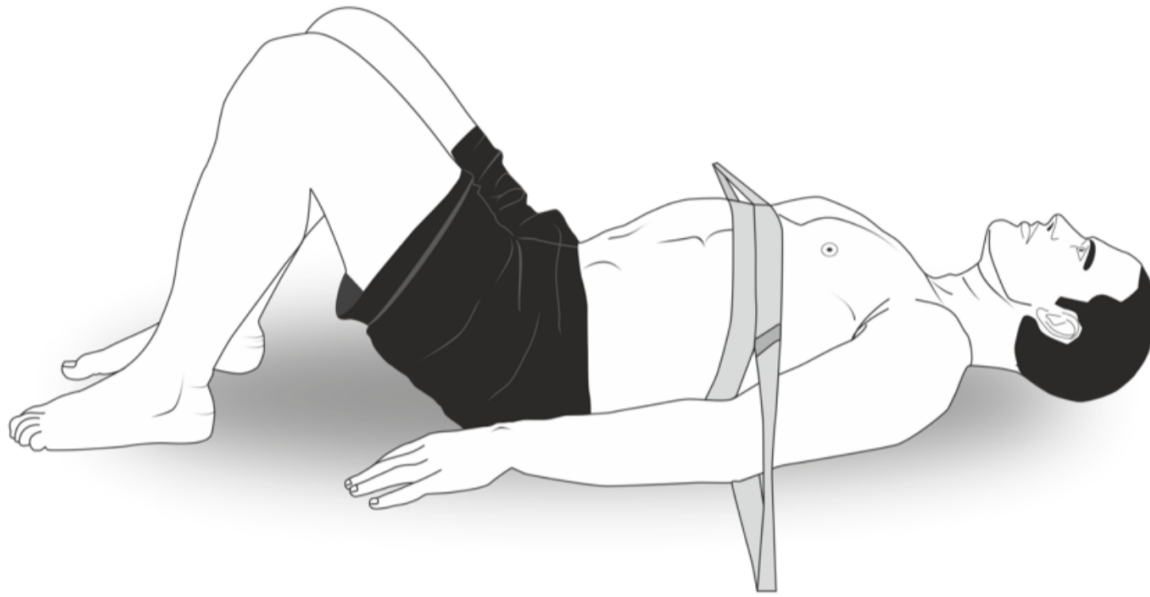


**Step 6**  
At this point, you should feel the applied leg locked in external rotation, forcing you to internally rotate the leg to keep it aligned.

## Technique 4

This is one of two techniques designed specifically for breathing purposes. Here, each band (two of the same resistance) is applied to each side of the ribcage. This adds a load to the part of the body that needs to expand and engage during each inhalation. This is due to the location of the diaphragm, which requires lateral ribcage expansion in order to function properly.

Breathe normally, but try to inhale slowly and fully. You can add a breath hold at the end of each inhalation if needed.

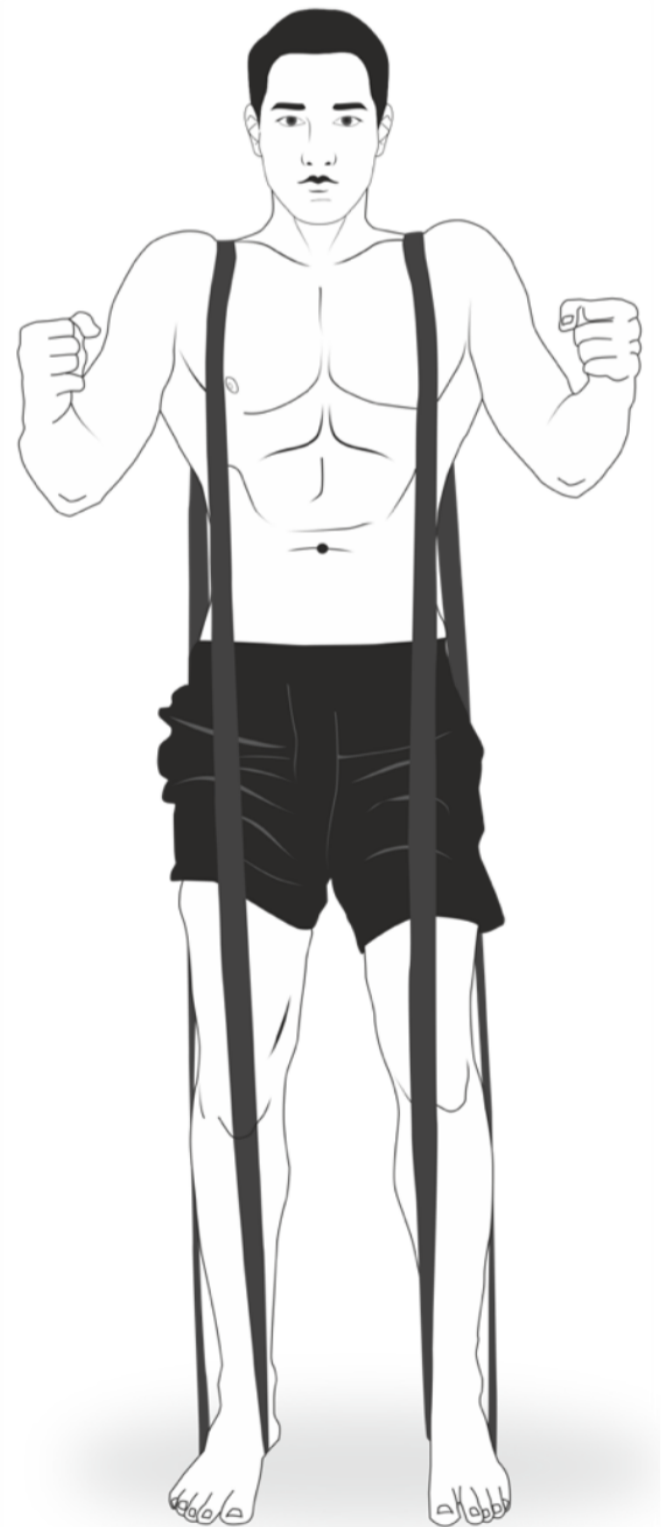


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## Technique 5

This is the second technique designed specifically for breathing. Once again, you will need two bands of equal resistance. The vertical alignment of the bands is intended to promote spinal decompression and help you become taller with each breath.

Caution: This technique may encourage chest breathing. Be mindful to avoid lifting only your chest during inhalation; instead, ensure that expansion occurs throughout the entire thorax, including the upper abdomen and ribcage.



Learn more about

# MT Performance

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Thank you for your interest in MT Performance.

To learn more, visit each of Mads Tömörkènyi's various platforms and publications:

 [The Longevity Protocol](#)

 [The 10-Week Online Course](#)

 [Human Mechanics, Book](#)

 [Product Catalog](#)

 [Holistic Disclosure, Podcast](#)

To learn more about the work of Mads Tömörkènyi and how to optimize your health and biomechanics, please visit [mtpperformance.co](https://mtpperformance.co).

# About Mads Tömörkènyi

Mads Tömörkènyi is a Copenhagen-based researcher specializing in biomechanics, longevity, and anthropology. With a background in anatomy, physiology, and sports science, and years of experience coaching top athletes worldwide, Mads recognized the unsustainable and detrimental nature of the methods used to train elite athletes, which reflected broader issues in global health education.

Driven by frustration, Mads embarked on a new research journey, combining his practical experience with athletes to understand why health issues often stagnate or worsen rather than improve. He integrated neuroscience, nutritional science, ancient medicine, respiratory mechanics, and various therapies to develop functional and long-lasting solutions instead of temporary fixes.

His mission is to empower the next generation with effective information and practical tools to enhance all aspects of health, aiming to delay or prevent the need for pharmaceutical interventions.

As a passionate health educator, Mads engages in community and institutional programs to raise awareness about unhealthy lifestyles. He also serves as an international speaker and coach for prestigious sporting clubs and leagues, including the UFC, Premier League, Bundesliga, La Liga, and Mexican Liga MX. In 2020, he founded the online education platform Human Mechanics Online Course, attracting participants from over 140 countries worldwide.

Recognizing the complexity of the human body and the ongoing exploration of its potential, Mads remains dedicated to uncovering our mysteries and improving life on Earth.

All of this work is under the umbrella of MT Performance, with a global mission to enhance longevity, life quality, and human biomechanics.



**Mads Tömörkènyi**  
Founder of MT Performance

