

## A MISTERG GUIDE

# The Longevity Check

Four movements.

A stronger connection to your body.

## A gTonnicks movement self-check

Explore your balance, mobility, strength, control, and flexibility. Notice what feels steady, discover areas to explore, and return to appreciate your progress.

## MisterG

Performance & Longevity Coach | Master Black Belt

USA Martial Arts Hall of Fame

Author of *Strong Sleek Fit* and *The G Code Manual*

Strong like a fighter. Sleek like a dancer. Fit for life.

**BEFORE YOU BEGIN**

# Notice. Explore. Progress.

These four movements are drawn from MisterG's gTonnicks Method. They invite you to pay attention to how you move today, with intention, patience, and control.

There are no scores, rankings, or pass-or-fail results. This guide does not determine biological age, lifespan, or overall health. Your observations are a starting point for movement exploration, not a diagnosis.

**PREPARE YOUR SPACE**

Choose a clear, flat, non-slip surface. Go barefoot if comfortable and secure, or wear suitable footwear. Keep a sturdy counter or support within easy reach. A partner can help with timing; a timer is optional.

**MOVE AT YOUR OWN PACE**

Warm up gently for a few minutes. Try the movements in order, resting between them. Keep your eyes open. Use a comfortable range, and use support whenever needed. You do not have to reach a particular height, depth, or duration.

**BREATHE WITH THE MOVEMENT**

Keep breathing throughout. Calm nasal breathing is encouraged when comfortable; never force it or hold your breath. Five seconds is an initial aim for holds, not a requirement. Build toward 30 seconds only when steady and comfortable.

**KNOW WHEN TO PAUSE**

Stop if you feel pain, dizziness, unusual breathlessness, or unsteadiness. Skip any movement that is unsuitable for you. If you have an injury, medical condition, recent surgery, joint replacement, or are pregnant or postpartum, seek appropriate professional guidance before trying unfamiliar movements.

IPCM: Intentional and Purposeful Contraction of the Muscles. Bring attention to the muscles supporting each movement while keeping your breathing easy.

## MOVEMENT 01

# Knee Front Raise & Hold

Explore balance, upright posture, and whole-body control.

## WHY EXPLORE IT?

Standing on one leg invites you to coordinate your supporting leg, core, and upper body. Notice how each side responds without judging the difference.

## HOW TO MOVE

**01** Stand tall with your feet together. Extend both arms forward at shoulder height, slightly wider than your shoulders. Keep your fingers extended firmly together, pointing forward. Keep your shoulders relaxed.

**02** Slowly raise one knee in front of you toward hip height, or to a lower height that lets you remain steady. Keep the standing knee soft and your torso tall.

**03** Keep your arms extended and firm. Aim to pause for about 5 seconds, breathing calmly through your nose if comfortable. Gradually explore up to 30 seconds when you feel secure.

**04** Lower your foot slowly, rest, and repeat with the other knee. Use light support with one hand if needed; adapt the arm position accordingly.

## NOTICE YOUR MOVEMENT

Can you stay tall without leaning? Do your arms remain steady? Does one side feel more comfortable? A lower knee or a supported hold is a useful starting point.

Keep your eyes open and a stable support within reach. See the demonstration placeholder on page 7.

## MOVEMENT 02

# Deep Squat Hold

Explore hip and ankle mobility, balance, and comfort in a low position.

## WHY EXPLORE IT?

A squat brings your hips, knees, and ankles into one coordinated movement. Exploring a comfortable depth can help you notice where you feel free to move and where you may benefit from guidance.

## HOW TO MOVE

- 01** Stand with your feet about shoulder-width apart and toes turned slightly outward. Keep a sturdy counter or other stable support close by.
- 02** Lower slowly toward a deep squat. If comfortable, allow your hips to move below knee level. Otherwise, stop at the depth you can control without pain or strain.
- 03** Keep your heels grounded and your chest comfortably lifted. Reach your arms forward for balance, or hold stable support. Do not force depth by lifting your heels or collapsing your posture.
- 04** Aim to hold for about 5 seconds while breathing slowly. Explore up to 30 seconds only if comfortable. Rise with control, using support as needed, then rest.

## NOTICE YOUR MOVEMENT

How deep can you move comfortably? Can your heels remain grounded? Does support help you settle into the position? Progress may mean greater ease at the same depth.

You do not need to reach a deep squat to benefit from this observation. See the demonstration placeholder on page 7.

## MOVEMENT 03

# Descent (Chair Squat)

Explore leg strength and control. No chair is required.

## WHY EXPLORE IT?

A slow descent asks your legs to control your body as you lower. This movement lets you notice that control and the steadiness of your return.

## HOW TO MOVE

**01** Begin standing tall, with feet flat and slightly wider than hip-width. Extend both arms forward at shoulder height, slightly wider than your shoulders. Keep fingers extended firmly together, pointing forward.

**02** Bend your hips and knees slowly, keeping your whole foot grounded and knees tracking in line with your toes. Keep arms steady throughout.

**03** If comfortable and controlled, lower your hips slightly below the position where your knees are bent about 90 degrees - approximately 2 to 4 inches farther. This depth is optional; a smaller range is equally valid.

**04** Press through your grounded feet, with emphasis toward your heels, to rise partway. Keep a soft bend in your knees rather than standing fully upright between repetitions.

**05** Repeat 2 or 3 more times if comfortable, moving slowly. Finish by returning to a comfortable standing position and resting. Use stable support if needed.

## NOTICE YOUR MOVEMENT

Can you lower without dropping? Do your feet stay firm and your knees steady? Can you keep the same unhurried rhythm? Choose control before depth or repetitions.

This is a gTonnicks movement exploration, not the standardized timed chair-stand assessment. See the demonstration placeholder on page 7.

## MOVEMENT 04

# Toe Touch, Knees Straight

Explore flexibility and stretch sensations in the hamstrings and calves.

## WHY EXPLORE IT?

A gentle forward hinge helps you notice how the back of your legs responds as you bend. Touching your toes is optional; comfort and awareness guide the movement.

## HOW TO MOVE

**01** Stand tall with your feet together on a flat surface. Keep your knees straight but not locked. Soften them if needed for comfort.

**02** Breathe out and hinge forward from your hips, reaching downward. Initially, keep your back long and relatively flat, like a tabletop. Pause at a comfortable angle; you do not need to become parallel to the floor.

**03** Notice a gentle stretch behind your legs. If comfortable and appropriate for you, allow a little more forward movement toward your toes. Never pull, bounce, or force the range. You do not need to touch your toes.

**04** Pause for about 2 seconds while breathing. Aim for a gentle, tolerable stretch, never pain. Bend your knees slightly and return slowly to standing with control. If you have allowed your back to round, uncurl gently only if comfortable.

## NOTICE YOUR MOVEMENT

Where do you feel the stretch? Can you keep breathing easily? Does a smaller range feel better? Progress can be a more comfortable hinge rather than reaching farther.

If you have osteoporosis, a spinal condition, or back pain, skip this movement until a qualified clinician has advised an appropriate version. See the demonstration placeholder on page 7.

## DEMONSTRATION LIBRARY

# See the movement.

Short demonstrations will show each movement, its setup, and a comfortable starting option. Video links will be added when available. The cards below are placeholders and do not play videos.

## 01 Knee Front Raise & Hold

Short demonstration | Coming soon

Setup - Movement - Supported or smaller-range option

## 02 Deep Squat Hold

Short demonstration | Coming soon

Setup - Movement - Supported or smaller-range option

## 03 Descent (Chair Squat)

Short demonstration | Coming soon

Setup - Movement - Supported or smaller-range option

## 04 Toe Touch, Knees Straight

Short demonstration | Coming soon

Setup - Movement - Supported or smaller-range option

## YOUR PROGRESS &amp; NEXT STEPS

# Small changes count.

Return when you feel ready - for example, in a few weeks. Use a similar setup and note what feels different. A steadier breath, smoother descent, or more comfortable range is meaningful progress. No score is needed.

## MY MOVEMENT NOTES

**Knee Front Raise & Hold****Deep Squat Hold****Descent (Chair Squat)****Toe Touch, Knees Straight**

## GO FURTHER WITH MISTERG

For personal observation and recommendations, explore the **Performance for Longevity Assessment** and private coaching in Calabasas. Visit [CalabasasTopTrainer.com](https://CalabasasTopTrainer.com).

Continue learning with *Strong Sleek Fit: The gTonnicks Method* and *The G Code Manual*. For motherhood-focused movement, explore the Movement Studio at [MereDeVie.com](https://MereDeVie.com).

Educational movement exploration only; not medical advice, diagnosis, or a measure of longevity. Adapt or skip movements as needed. Stop for pain, dizziness, or unusual symptoms. Copyright 2026 MisterG. All rights reserved.