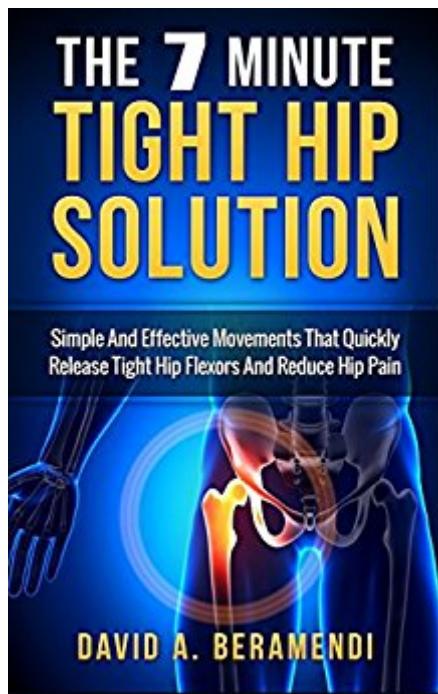


The book was found

Tight Hip Flexors: The 7 Minute Tight Hip Solution:Simple And Effective Movements That Quickly Release Tight Hip Flexors And Reduce Hip Pain (Hip Replacement ... Mobility Exercises, Hip Flexor Exercises)



Synopsis

Tight Hip Flexors: The 7 Minute Tight Hip SolutionDo you have lower back pain or hips?Do you do long distance runs or cycling?Do you feel tension in your back when you bend over to pick things up?Are you unable to squat down below parallel?Is your back so tight when you stand up that you feel like a 90 year old?If so, chances are, you are dealing with tight hipflexors and you need to deal with immediately before theybecome a real pain in the back.This book reveals powerfully effective techniques on how to release tight hip flexors and reduce or even eliminate hipand back pain in just minutes a day.It's a compilation of the most effective strategies anddaily routines compiled over the past 7 years from the bestpersonal trainers and massage therapists condensed into thebook I wish I had when I had a hip imbalance so bad I couldhardly walk.So if you are someone who is experiencing hip pain or mobilityproblems or someone who would like to improve your athleticskills such as running or olympic lifting, then this book isdefinitely for you. Here Is A Preview Of What You'll Learn...Fast and simple ways to quickly reverse your hip flexor imbalances and eliminate pain and discomfort in less than 7 minutes.Discover how to easily retrain your body daily with correct methods that are easy to do and followHow to prevent the most common types of office worker strain and why your office environment can be your backâ™s worst enemyHow you can work with your body to heal yourself, and avoid your dependence on pain-numbing drugsSelf massage techniques on important areas to get a deeper release.Exercises that will retrain your body so your hip flexors aren't working when they shouldn't.How your tight hip flexors are contribution to poor athletic performance.And Much, much more!Download your copy today!Tags: stretching exercises,flexibility, tight hips, tight hip flexor pain, hip flexibility, hip flexor exercises, hip flexibility, hip flexors, back pain, hip mobility, hip pain, hip pain cure, hip replacement exercises,hip stretches, hip strengthening, back pain relief, back pain, back pain cure, back pain exercises

Book Information

File Size: 2234 KB

Print Length: 44 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 10, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00UJW4KWS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

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Customer Reviews

My friend has experienced something like this and she said it is very very painful. According to this book, the incidence of tight hip flexors is becoming more common every day. Moreover, one of the prime culprits would be sitting on a chair for extended periods of time. This caused me panic since my job requires me to sit for long periods of time. Good thing this book also offers to prevent this by doing effective movements that will re-train the body and all of those can be done in just 7 minutes every day. The photos include in the book make it easy to visualize the right pose for the routine.

This is a great book on showing you how to prevent possible hip, back pain and limited mobility by having healthy hip flexors. The book is well written and explains the long term effects of having a tight hip flexor. I enjoyed the exercises that were given and they were not strenuous and takes little time to do in the morning or evening. If you are someone who is looking to understand more of how to improve your structural alignment, you should get this book.

If you feel like your hips are too tight or some sort of pain in your hips, this book is worth trying out. It has great tips on releasing tight hips in a short amount of time. It will fit right into your work out schedule and help you relieve the issue.

Great book on this subject. There is a lot of practical information in this book. I loved the chapters about how to fix one's hip flexor imbalance. Also, the part about how to prevent the most common types of office workers strain will be come in handy for family and friends. Also, the chapter about healing oneself was excellent. This book has great content. I also appreciated the photographic illustrations inside the book. Being in pain is never pleasant and this book offers lots of ideas to keep

the body in balance. That alone makes it a very valuable book to read. I definitely will recommend this book to family and friends !

The book was very informative. The exercises in this book saved my body. I enjoyed the exercises that were given and they were not strenuous and you can just do it the morning or evening with a little time and this book is very organized and easy to follow.

Good information if you have little knowledge on kinesiology. Coming from a sports performance perspective, nothing new. What is stated in the book is information that should be included in your workout regime. Wish there was information using bands and hip stretches

Clear and concise. Very useful.

Good information, thorough but without over explanation. All of the stretches and exercises are exactly what I recommend as a certified personal trainer for dealing with this issue. A quick and useful read. Highly recommend.

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