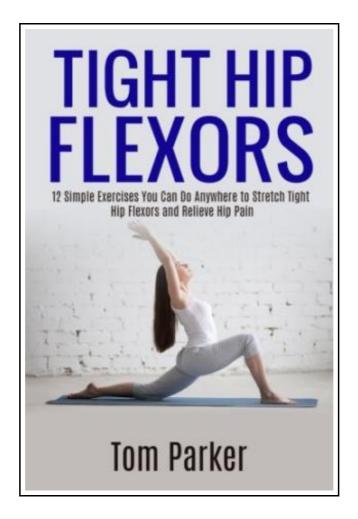
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TIGHT HIP FLEXORS: 12 SIMPLE EXERCISES YOU CAN DO ANYWHERE TO STRETCH TIGHT HIP FLEXORS AND RELIEVE HIP PAIN (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. LEARN HOW TO STRETCH YOUR TIGHT HIP FLEXORS AND RELIEVE HIP PAIN ANYWHERE Tom Parker offers some great techniques for improving the flexibility of your hips in his 12 exercises. He offers good photos and good explanations of how to perform them. - Dr. William Charschan, Chiropractor Do you suffer from lower back pain? Inflexible and painful hips? Are you a runner, cyclist or office worker that sits down for 8 hours a day or more?Do you have Anterior Pelvic Tilt (when your butt sticks out more than it should)? Your step-by-step guide In my short book, you will learn all you need to know about hip flexors. You will learn what they are and why they are important. You will receive step by step instructions with clear diagrams and photos to teach you how to strengthen and stretch them out. Your hip flexors are really really important. They are a complex group of muscles that do a lot of work in everyday tasks. Habitual sitting, bad posture and weak muscles are some of the main causes of a tight hip flexor. By doing nothing you are putting yourself at risk of aches, pains and potentially more serious injury. Thankfully, there is a lot you can do to get those hips nice and flexible again, and regain your full range of motion. This book is meant for beginners, with no prior yoga or fitness training experience. I will walk you through what you need to do to get started - step by step, nothing is left out. You will learn: What is a Hip Flexor? How does it fit in with your Anatomy? What Causes Tight Hip Flexors? How Tight Hip Flexors Affect the...

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