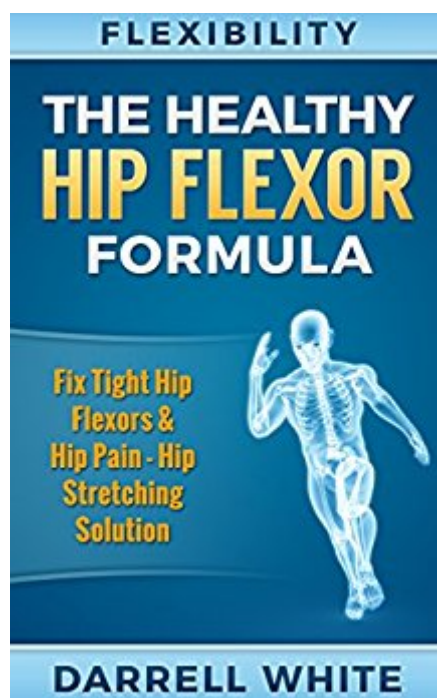


The book was found

Flexibility: The Health Hip Flexor Formula - Fix Tight Hip Flexors, Hip Pain - Hip Stretches & Stretching (Hips, Foam Rolling, WOD, Calisthenics, Mobility, ... Massage, Posture, Yoga For Beginners)



Synopsis

The Simple, Sustainable Solution To Eliminate Tightness, Injury & Dramatically Improve Your Posture ...
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Hip flexors are vital for good posture and all physical activity. Become aware of warning signs of tightness, restriction & therefore avoid injury. What if you couldn't walk or bend over never mind use the gym or play sport? Prevention is better than cure. Understanding your hip flexor muscles patterns, stretching for flexibility and proper conditioning will help you avoid this debilitating restriction. Inside The Healthy Hip Flexor Formula, you'll learn; What are hip flexors? What is a hip flexor strain? Detailed stretching & self-massage How to avoid injury The hip flexor - posture connection Hip flexors, hamstrings & the lower back connection Learn this simple hip flexor strategy & you'll very quickly loosen the hip area & hugely reduced the likelihood of an agonizing hip flexor injury.
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Book Information

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Customer Reviews

I returned this book. There are no photos or illustrations of any sort, so unless you already know

what the author is talking about regarding anatomy or the stretches and exercises described, it's hard to know whether you are doing them correctly. If you do already know what he is talking about, then there is no point in having the book. This kind of instructional material needs to be illustrated.

Useful discussion of a common problem, but the book lacks specifics. The muscle groups are not adequately described (where are the hip flexors attached?). The stretches have no illustrations and the words are vague at times ("Turn you foot". Which way? How far?).

The reviews really fooled me. There are no images to help and only a few pages to describe a few things. I don't think this is worth more than 50 cents.

There are no drawings or pictures of the exercises. There is no way to know if the reader is doing the exercises correctly.

This book is a great overview of what hip flexors are, how to prevent them, and how to remedy them if you do have them. If you have a serious hip flexor problem I would recommend going to a doctor, but if yours aren't severe then this is the perfect guide. As someone who sits at the computer all day, mine hurt occasionally and I was looking for something to help ease the pain. My favorite part of the book was all of the exercises, stretches, and ways to prevent hip flexor issues. I definitely recommend this book to anyone with similar problems that I have.

The hip flexors are the group of muscles that allow you to lift your knees toward your chest and bend forward from the hips. Loved this great exercise and I've tried them as I was reading this so easy to do for 5 minutes a day and it now will be done daily to help get my feet strong and have greater balance. Thank you for the great simple exercises, so often our feet are forgotten. I think these exercises would be great for everyone to strengthen and improve circulation. This book will help you improve your balance, flexibility and alignment so you can get more from whichever form of exercise you enjoy the most. There are simple things you can do every day to help reduce your risk of hip flexor pain. Overall this book is very helpful!

The Healthy Hip Flexor should be read by everyone. This book allows people to learn about the hip flexors of our body. The author goes about explaining why we should work on these muscles. If these muscles are not in good shape, you will not be able to bend over, walk, climb a stair, and

much more. Most of us do not know about the most important muscles of our body. We can get sick or ill if we don't take care of them. I never knew anything about them not until I decide to read that book. Share this book with others so no one has to neglect their health.

Derrell gives a very detailed explanation of the importance of hip flexor and the muscle groups around it. The best takeaway from the book is the exercises he gave to protect your hips such as lunges, hip stretching exercises, etc. If you are serious about taking care of your hip flexor, you must certainly read this book.

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Flexibility: The Health Hip Flexor Formula - Fix Tight Hip Flexors, Hip Pain - Hip Stretches & Stretching (Hips, Foam Rolling, WOD, Calisthenics, Mobility, ... Massage, Posture, Yoga For Beginners) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Hip Pain And Flexibility Cure: Learn How To Cure Tight Hips And Hip Flexors With Simple Movements (tight hips, hip flexors, stretches, stretching, anti aging, flexibility, hips Book 1) 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) Tight Hip Flexors: Relieve The Pain of Tight Hip Flexors In Just 5 Minutes (Tight Hip Flexors, Tight Hips) Foam Rolling: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, ... Points, Hip Flexors, Calisthenics Book 1) How To Correct Posture: A 21 day step by step proven strategy for improving your posture (Updated with pictures): Posture improvement, Posture alignment, Posture of meditation, Posture books Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Calisthenics: Workout Routines - Full Body Transformation Guide (calisthenics workouts, calisthenics for beginners, calisthenics books, calisthenics program) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Trigger Point Therapy: Stop Muscle & Joint Pain Naturally with Easy to Use Trigger Point Therapy (Myofascial Massage, Deep Tissue Massage, Foam Rolling, ... Massage) (Natural Health Solutions Book 3) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books

(Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) Somatics: Somatics 101: Somatics - For: Flexibility, Posture, Pain Management & Movement (Posterior Chain, Hips, Chi Kung, Craniosacral, Neurosculpting, Self Adjusting, Chronic Pain) Splits: Stretching: Flexibility - Martial Arts, Ballet, Dance & Gymnastics Secrets To Do Splits - Without Leg Stretching Machines or Cables (Splits, Stretchers, ... Leg Stretching Machine, Cables, MMA Book 0) Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines Book 1) Fix Tight Hip Flexors: The Ultimate At Home Cure Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Calisthenics: The 20-Minute Dream Body with Bodyweight Exercises and Calisthenics (Bodyweight Training, Street Workout, Calisthenics) Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength)

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