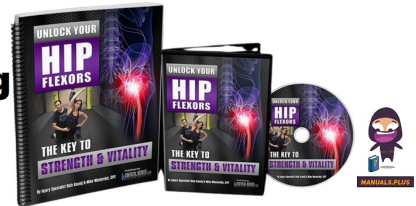




Hip Stretching Exercise Program



HIP FLEXORS Hip Stretching Exercise Program User Guide

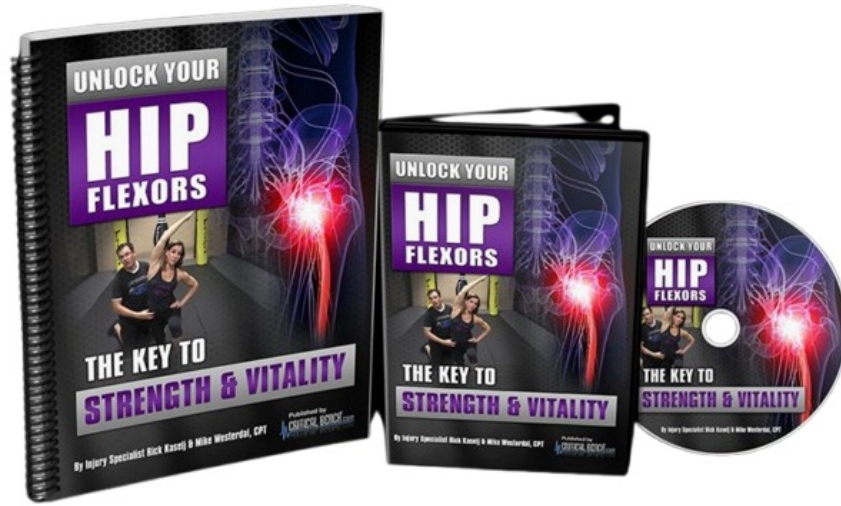
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HIP FLEXORS Hip Stretching Exercise Program



Specifications

- **Program Name:** Unlock Your Hip Flexors
- **Creator:** Rick Kaselj, MS
- **Includes:** Digital program with a sequential flow of ten exercises, video instructions, manual
- **Exercises:** Static stretching, 3-D core stability exercises, PNF stretching, fascia stretching, muscle stretching activation
- **Benefits:** Reduces tension on psoas muscles, enhances flexibility, boosts vitality and overall well-being

Product Usage Instructions

Understanding the Program

- Unlock Your Hip Flexors is designed to reduce tension on the psoas muscles. It includes a digital program with various exercises aimed at improving flexibility and overall well-being.

Getting Started

- Begin by watching the instructional video to understand the exercises and their proper execution. Review the manual to grasp the role of the psoas muscle in the body.

Performing the Exercises

- Follow the sequential flow of ten exercises provided in the program. Incorporate static stretching, core stability exercises, PNF stretching, fascia stretching, and muscle activation stretching into your routine.

Consistency is Key

- Engage in the exercises regularly to experience the full benefits of reducing tension on the psoas muscles, improving flexibility, and boosting vitality.

USING & INFORMATION

- Poor posture, a sedentary lifestyle, and overuse cause tight hip flexors. The primary muscle involved in hip flexion is the psoas muscle, which runs from the lumbar spine to the femur.
- If the psoas muscle is tightened or shortened, it can lead to adverse health effects, including lower back pain and reduced mobility.
- Tight hip flexors are hard to alleviate and require specific and regular stretching to loosen up, which reduces lower back pain and improves mobility. Moreover, poor posture leads to additional strain on the lower back, worsening the situation.
- [Unlock Your Hip Flexors](#) program involves various exercises vital for stabilizing the hip muscles, enabling consumers to achieve peak performance.
- According to the creator, Mike Westendal, the program is ideal for individuals suffering from inexplicable back, joint, and hip pain. This review expounds on the Unlock Your Hip Flexors program.

What Is Unlock Your Hip Flexors?

- Unlock Your Hip Flexors is a digital program designed to reduce tension on psoas muscles and enable consumers to loosen up. Rick Kaselj, MS, is a leading Kinesiologist and Injury Specialist. and entails a sequential flow of ten carefully selected exercises, including static stretching, 3-D core stability exercises, PNF stretching, fascia stretching, and muscle stretching activation.
- The exercises enhance proper blood circulation, rejuvenate the body, and naturally reduce inflammation. As a result, the creator claims that the program boosts flexibility, vitality, and overall well-being.
- In addition, the program offers a video with precise instructions on targeting the psoas muscle and a manual that enables consumers to understand the role of the psoas muscle in the body.
- Moreover, it includes pictures of exercises to help one naturally regain flexibility and vitality.
- [Unlock Your Hip Flexors Is On Sale Now For A Limited Time!](#)

What Are the Causes of Weak Psoas Muscle?

- According to the creator, weakness, tightening, and shortening in the psoas muscle occurs due to sitting for extended hours and poor posture, among other factors, which leads to various health implications, including:

Bulging Belly Syndrome

- Individuals believe that a bulging belly occurs due to weak abdominal muscles. The stomach may stick out despite undergoing core exercises daily.
- However, the root cause of bulging is associated with tight psoas muscle, which results in the curving of the lower back, pushing out the belly.
- Once the psoas muscle works appropriately, it restores the abdominal back, enabling individuals to have a flattened tummy.

Fat Loss Inhibitor

- The Psoas muscle is affected by the fight and flight response. Once individuals enter a state of stress or danger, the psoas muscle becomes tight, leading to discomfort in the lower back and pelvic area due to contraction.

- As a result, it triggers the release of adrenaline, and the immune system switches to fat-storing mode.

Poor Sexual Performance

- Sitting for prolonged hours causes the hips to thrust forward, pulling the lower back and decreasing blood circulation to the body tissues.
- As a result, the reduced blood supply around the pelvic area limits adequate blood supply to the genitalia, leading to poor or lack of sexual performance.
- [\(HUGE SAVINGS TODAY\) Click Here to Get Unlock Your Hip Flexors for the Lowest Price Right Now >>>](#)

Ricks Program Techniques and Modalities for Loosening Up Hip Muscle

- According to the program's creator, a simple static hip flexor stretch is insufficient to loosen up the hip muscle.
- The designer claims combining various modalities that target the psoas muscle in all angles and release tension is necessary. Some of the exercises incorporated in the program for loosening up hips, legs, and back muscles include:

PNF Stretching

- Proprioceptive neuromuscular facilitation (PNF) stretching involves activating a specific muscle to enhance relaxation and reduce stiffness. The technique improves flexibility and improved motion, and it's effective for loosening up tight hip muscles.

Dynamic Stretching

- The technique involves activating the muscle around the joint by moving the joint progressively in a range of motion. As a result, the repetitive and controlled motion warms the joint muscle, improving blood circulation and flexibility.

3-Dimensional Core Stability Exercise

- In this modality, the creator aims to strengthen the core and improve the body's overall stability and mobility.
- Once the hip muscles become strong and stable, they overcome strain and stress. Targeting the muscle in all planes also enhances endurance and strength.

Mobility Exercises

- The exercise enables the joint muscle to function optimally. As the joint moves freely, it reduces stiffness and tightness in the adjacent muscles.

Fascia Stretching

- In this technique, the tight hip muscles are loosened up, as it focuses on stretching connective tissue supporting the muscles. Moreover, the approach targets the muscle tissues and lengthens the fascia.

Muscle Activation Movements

- This exercise helps activate and strengthen the muscles around the hip joint. As a result, it improves the range of body motion by targeting inactive or weak muscles.
- The creator also introduces consumers to the sequential flow of the abovementioned modalities and techniques to activate the body's natural healing process.
- Performing the exercise in the correct order improves blood circulation, reduces inflammation, and rejuvenates the muscle. As a result, it affects the fascia, connective muscle tissue, and joint capsule, alleviating soreness and stiffness.
- [Act fast and order the Hip Flexors Program before the price goes up!](#)

What to Find in Hip Flexors Program

- The creator claims that the program reveals the following.
- Detailed instructions and videos of every crucial move enable consumers to target hard-to-reach muscles and will allow them to heal naturally.
- The most significant element of body posture and the role of hips in peak performance. In addition, the program explains why the body's performance is affected by walking, standing, and running.
- Impact of psoas muscle on daily physical, emotional, and spiritual well-being. The natural body's flight and fight response and how it can be inhibited to enhance rapid fat loss and elevated energy levels.
- The root cause of psoas muscle structural change and the underlying danger significantly affects the body and other muscles.
- Why one is likely to be affected by hip flexors tightening despite hitting the gym.
- The need to act fast if one has prolonged hours as a driver or has a desk job. Why intense workouts can lead to more harm in loosening the hip muscles.
- The importance of having strong legs and glutes for overall health and how to avoid hip flexion.
- Traumatic injury or stress can develop due to poor posture, affecting one's psychological state.
- How to proactively target the affected muscles and lessen the damage besides addressing prolonged sitting posture.
- How to address imbalances that cause damage before it occurs and becomes permanent.
- How to get out of a comfort zone and maintain natural posture and physiology.
- The adverse effects of tight hips on sexual performance are due to decreased blood flow or circulation and what to do to restore healthy sexual performance.
- What causes "old-guy butt syndrome" that causes hip pain, and how to overcome it by loosening the hip muscles.
- Two critical situations consumers need to know during training glutes and activating their athletic performance.
- How to alleviate mental fog and regain cognitive abilities through relaxation of the psoas muscle, which reduces stress.

Benefits

- The creator has highlighted the following benefits as associated with Rick's Unlock Your Hip Flexors Program.
- Better blood circulation
- Boost libido

- Reduced anxiety
- Support proper digestion
- Deep sleep
- Elevate energy levels

How to Access the Program

- Consumers can purchase the Unlock Hip Flexors program via a secure checkout system on the [official website](#).
- Upon payment, one instantly accesses the program at \$10 from a regular retail price of \$50. The creator has also provided the digital Advanced Hip Flexor Secrets program at \$5.99.

Bonuses

- Upon purchasing the program, consumers are awarded two bonuses, including.

Bonus #1: Unlock Your Tight Hamstrings (\$29 value)

- Tightened hamstring muscles are susceptible to tearing and can lead to pelvis and hip rotation, which flattens the lower back, causing pain. In this program, consumers learn how to maintain a healthy back by observing the correct posture.
- Consumers are provided with a routine that will minimize the risk of injury and improve their performance by alleviating lower back pain.
- In addition, the program takes a few minutes daily and enables consumers to improve the condition of their muscles and loosen tight hamstrings.

Bonus #1: The 7-Day Anti-Inflammatory Diet (\$17 value)

- Rick's program restores flexibility and strength. However, the benefits of the program are complemented by a proper diet. The 7-day dietary program enables consumers to alleviate pain, muscle soreness, and stiffness and reduce inflammation caused by environmental stressors. Following the dietary plan would also allow consumers to improve the body's inflammatory response, stimulating the body to heal naturally.
- In addition, the nutritional program entails meal plans, shopping lists, and tips to enable the body to heal naturally.
- Within 24 hours, the body naturally heals, minimizing pain and inflammation, which are the leading causes of chronic diseases and health problems.

Refund Policy

- The creator is confident that the program will be beneficial to consumers. As a result, Rick's program is backed by a 100% risk-free 60-day money-back guarantee.
- Unsatisfied consumers can notify the customer service team and get a prompt investment refund without questions.


Conclusion

- Unlock Your Hip Flexors program comprises ten exercises that aid in loosening the psoas muscle. The digital program contains detailed videos, pictures of the exercises, and the Unlock Your Hip Flexors Manual, enabling consumers to follow the step-by-step approach to loosening up the psoas muscle. Moreover, the creator claims that the modalities and techniques target the hip muscle at all angles, enabling consumers to loosen the hip, legs, and back muscles.
- In addition, the Unlock Your Hips digital product can be accessed instantly upon purchase at \$10 and has a 60-day, risk-free, money-back guarantee.
- [Order the Unlock Your Hip Flexors Program now by clicking here to start enjoying its benefits!](#)

Frequently Asked Questions

- **Q: What are the primary benefits of the Unlock Your Hip Flexors program?**
 - **A:** The program aims to reduce tension on the psoas muscles, enhance flexibility, boost vitality, and improve overall well-being.
- **Q: How often should I perform the exercises?**
 - **A:** It is recommended to perform the exercises regularly to experience optimal results. Consistency is key in loosening up the hip flexors and improving mobility.
- **Q: Can unlocking your Hip Flexors help with lower back pain?**
 - **A:** Yes, addressing tight hip flexors through the program's exercises can help reduce lower back pain by loosening up the psoas muscle and improving posture.

Documents / Resources

<p>Unlock Your Hip Flexors Reviews: Should You Buy This Hips Stretching Exercise Program?</p>  <p><small>This product is a stretching exercise, and contains no medical advice. The author, David Reardon, is not a medical professional. The author is not responsible for any injuries or damages that may occur as a result of using this product. The author is not responsible for any injuries or damages that may occur as a result of using this product. The author is not responsible for any injuries or damages that may occur as a result of using this product.</small></p>	<p>HIP FLEXORS Hip Stretching Exercise Program [pdf] User Guide Hip Stretching Exercise Program, Stretching Exercise Program, Exercise Program, Program</p>
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References

- healthfirstoffers.com/get-unlock-your-hip-flexors
- [User Manual](#)

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