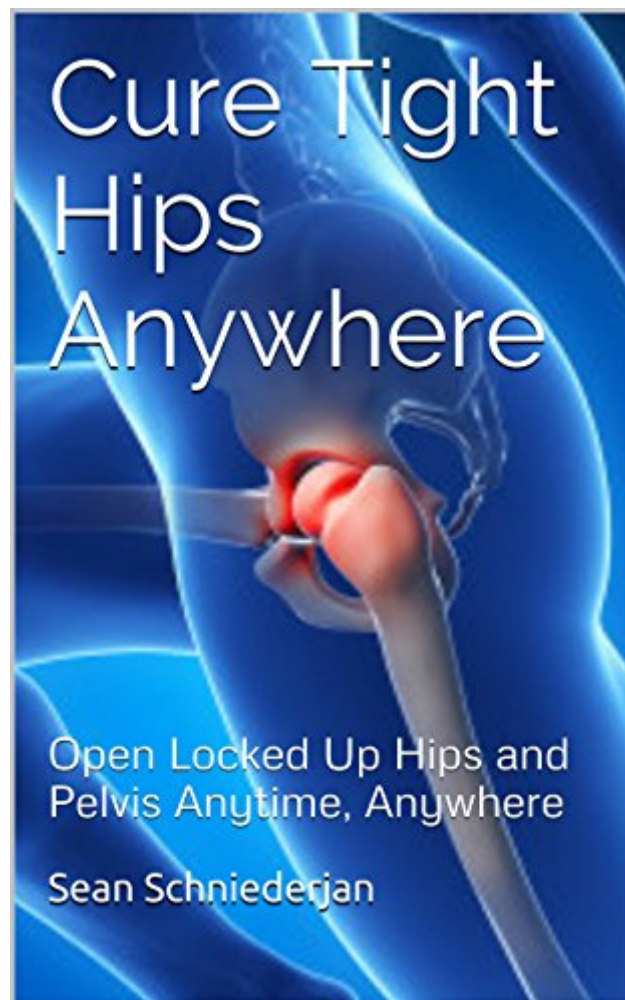




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Cure Tight Hips Anywhere: Open Locked Up Hips And Pelvis Anytime, Anywhere (Simple Strength Book 1)



Synopsis

The book that started the Loosen Your Hips Revolution! NEW: Contains story of author's amazing restoration of a completely dead, non-functional left hip to pain-free and strong without surgery."I have had this ebook for a couple of days now and felt an immediate improvement in my hip mobility." - Review from verified purchaser."Simple, and it works. Buy it, read it, use it." -Review from verified purchaser."I've had a problem with my right hip for ages and as an avid martial artist it was making things difficult. Since getting this book (it's literally a 30 minute read) and doing the exercises I can honestly say I feel a noticeable improvement." - Review from verified purchaser.Sick of nagging, tight hips? You're in the right place.This book gives the simplest exercises on the market to open your hips with effective correctives you can do anywhere. NEW: Contains links to free video demonstrations of simple and powerful hip correctives. This program was designed to not only be convenient, but also comprehensive.This book breaks down an easy set of progressions and goals to get the muscles on your pelvis, lower back, and hips/upper legs to function.Doing these exercises will:-restore balance to your body-instantly improve your posture and hip mobility-strengthen your hips in addition to opening them leaving you feeling "tied together" and fantastic.

Book Information

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Customer Reviews

This is one of several products I've bought from Sean over the last 2 years. He continues to dig deeper and his efforts have helped me tremendously! The moves he describes are simple to grasp and many can be done just about anywhere. The first thing I noticed right away is going downstairs seems easier, smoother. My hips sometimes tend to sort of lock up when stepping down, and while it's hard to explain, the result for me is undeniable...and I'm just getting started! You will get to know your QL's and Obliques like never before. Happy with this book just like previous ones from Sean. He did more to help my shoulders with 'Cure Tight Shoulders Anywhere' than a doctor, Physical Therapist, and a chiropractor so I expect similar results for the hips.

I am very pleased with the excersices I found in this book. I have lower back issues and have been doing excersices targeting it and my core for 1 1/2 years now. I have a mattress that is only 1 yr. Old but couldn't sleep on it after 6 months without the addition of a memory foam topper. I still wake up with mild to moderate back pain. After 3 days of doing these hip exercises I haven't had pain up. Waking . Thank goodness! !!

I've had a problem with my right hip for ages and as an avid martial artist it was making things difficult. Since getting this book (it's literally a 30 minute read) and doing the exercises I can honestly say I feel a noticeable improvement. Pain hasn't completely gone but then again it's only been a couple of weeks and I've had the pain for close to a year so I wasn't expecting miracles. And seriously, the price is virtually a give away. I highly recommend this book.

I don't know how I stumbled on this. I'm not sure what I was looking for at the time but I am SO glad I downloaded this. I was having trouble getting in and out of my low coupe. At 68, having stopped line dancing months ago, you start to think, wonder, how long till I can't walk? I wasn't doing much of anything and telling myself I couldn't. Now I do this, simple, easy, MARVELOUS. Thank you.

I chose this book to check exercises to help strengthen my hip muscles. Although the author is not an MD, he makes it clear his list of exercises are based on personal experience. He makes a lot of sense and is very thorough in his explanations. The exercises are easy to follow and do help in

opening up the hips. I recommend this book for anyone undergoing hip tightness or pain.

Quick read. The formatting could have been better, often the images didn't line up with the text. However, the exercises are convenient and effective. A two minute routine that I can do while waiting for my morning coffee to be ready. Highly recommend.

I've been suffering with back and hip pain for a long time primarily due to scoliosis. I have extensive training in the musculoskeletal system as I am a Dr. of osteopathy. All of my structural imbalances have contributed to fibromyalgia. Yet in this easy to understand and implement book I've found exactly what muscles are weak in my hips and lower back. It also shows simple exercises to correct it. I m so happy!!

Just experimenting with these exercises gave me an amount of relief that was surprising! Hopefully a routine regimen will provide the relief that I need. hurt my rt leg and hip and haven't had much relief since (about 8wks)

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