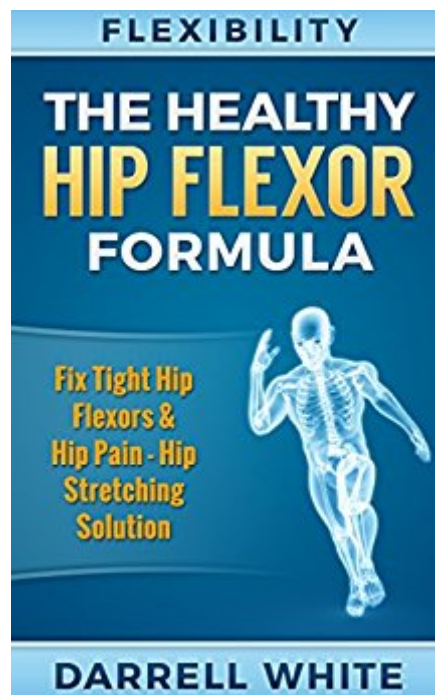




The book was found

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

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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 your 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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