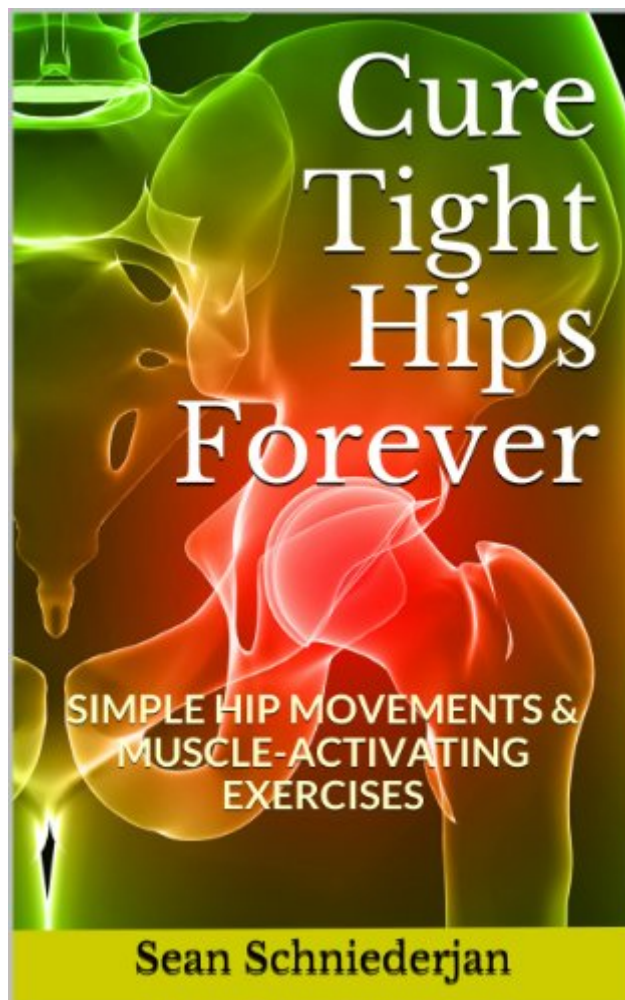




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# Cure Tight Hips Forever: Simple Hip Movements & Muscle Activating Exercises (Simple Strength Book 1)



## Synopsis

Don't worry if you sit too much. Learn how to instantly fix your tight hips with exercises so simple you can do them sitting down or standing. No equipment required. No need to lay down or crawl on the ground. Strengthen ALL the muscles around your hips to: Improve Posture Improve Hip Strength Improve Knee and Back Health Improve Hip Mobility for General Movement Improve Hip Mobility for Exercise (especially bodyweight and kettlebell exercise) Improve How Your Hips Feel

## Book Information

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## Customer Reviews

The Cure For Tight Hips helped me immediately! What's great about this book is you can do most of the exercises anywhere, and that's such a huge value to me knowing that I can work in the program throughout the day. I feel like I move better already after the first session, seriously. There is no need to have to make time only at home to do this, it can be part of your day. For a number of years now people often ask me if I hurt myself when they see me walk, and trust me it is distinctive, but not pretty. Doctors and chiropractors have not been able to pinpoint why I have a limp, but I always suspected it was due to tightness in my hips, hamstrings, and a muscle imbalance. There might be

more to it, but those are contributing factors. I can stand effortlessly on my left leg, but wobble when I try to stand just on my right. I picked up Sean's first program (The Ultimate Hip, Knee, and Ankle Guide For One Legged Squats) about a month ago and started with those moves. It addresses some other issues besides hips, and there is some overlap, but I would say they both complement each other very well. I'm a middle-aged guy who still cares about fitness, but aging has an insidious way of diminishing your capabilities without letting you know why. You just realize you can't do things as well (or at all) that you used to be able to. I believe being able to move well with strength and balance is the way to slow down the aging process. If I move like an old man now in my late 40's what will that look like in 20 years? Scary! I think sitting is the main culprit. Sit while driving to work, sit all day at work, sit at home in front of the computer, sit the majority of my waking hours. Yes I do exercise regularly, but 30 min or so 3-4 times a week does not overcome the amount of sitting accomplished daily. If you have a similar lifestyle get the book!

I have never written a review for any product before. I bought this e-book and frankly did not expect much more than a few stretches that would provide temporary relief from my 5 year bout with chronic hip pain. After doing the very first exercise in the book I experienced complete and total relief from my hip pain. Additionally, the author provides you with a link for a video of the exercises. I am beyond thrilled with this purchase.

Maybe a little harsh as I am a therapist. Simple stretches easily found with internet search. Won't be very helpful with capsular restrictions or if "tightness" is not result of poor core control of other postural abnormalities.

Cure Tight Hips Forever: Simple Hip Movements & Muscle Activating Exercises (Simple Strength)1. Before you started working with the exercises in Cure Tight Hips Forever, what concerns might have prevented you from buying this product?I didn't have any concerns about purchasing this product. I had purchased another exercise product from Sean Schniederjan and saw equally good results. I was eager to purchase this product.2. After you started working with Cure Tight Hips Forever, did anything surprise you? What has pleased you the most about Cure Tight Hips Forever?I was pleased to see results within the day of doing the exercises. The interesting thing is that not only did I not do all of the exercises, I was only doing a "dry run". I wanted to make sure that I was keeping the proper form according to the illustrations. When I felt relief from nagging pain in my knee by addressing my hips (who knew??), I knew that this program was, "Serious Business", indeed! I was

able to do squats nearly pain free!3. Would you recommend Cure Tight Hips Forever, and if so, why?I would HIGHLY recommend this product. It far exceeded my expectations. I've never encountered a program like this and I wasn't expecting such "simple" movements would have such a phenomenal impact. I think one of the best things is that the exercises are not extreme. You don't need to go to the gym or have any special equipment to get the desired results. I can easily incorporate this into my everyday exercise program.Thank you so much for creating this, Sean Schniederjan!DB

From the title it looks like your buying the ultimate guide for tight hip flexors!!! But then you realize it's just a illustration on how to do exercises for hip muscles (exercises that you could even figureout yourself without any specific training). When I first bought this ebook I was excited buy the title but after reading it I wish I had my money back!!!

This is a very simple program that requires no equipment (although a kettlebell or band is nice to have) so you can even do it in the office. I instantly felt a comfortable loosening the first time I tried it. Highly recommended!

I have been dealing with the issues related to tight muscles for years. I have been to medical practioners and therapists of all sorts to no avail. 30 years or so behind a desk takes its toll. This book offers a couple of gains that I really liked. For one thing, I am only interested in results, so the fact that the approach is straightforward is appealing. I probably wouldn't understand an indepth explanation anyway. I have had the book one day and already feel loosening. Great start. I am not an athletic person, but have always been active as much as possible. The fact that there are simple movements someone in pain can do, there are pictures for clarity and that progress is being made are definitely worth the price of the book.

Instructions aren't always easy to understand and the pictures are not very clear. Otherwise the techniques seem good and appear to work.

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Tight Hip Solution: Simple and Effective Movements That Quickly Release Tight Hip Flexors And Reduce Hip Pain (Hip replacement ... mobility exercises, hip flexor exercises) Cure Tight Hips Forever: Simple Hip Movements & Muscle Activating Exercises (Simple Strength Book 1) Tight Hip Flexors: Relieve The Pain of Tight Hip Flexors In Just 5 Minutes (Tight Hip Flexors, Tight Hips) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Cure Tight Hips Anywhere: Open Locked Up Hips and Pelvis Anytime, Anywhere (Simple Strength Book 1) 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) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) The Psoas and Tight Hip Cure: A Guide To Psoas and Tight Hip Pain Relief Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure, Fatty Liver diet, Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Bodyweight: Bodyweight Bible: 44 Best Exercises To Add Strength And Muscle (Bodyweight Training, Bodyweight Exercises, Bodyweight Bodybuilding, Calisthenics, ... For Beginners) (Bodybuilding Series) Exercises for Healthy Joints: The Complete Guide to Increasing Strength and Flexibility of Knees, Shoulders, Hips, and Ankles The Herpes Cure: Permanent Solutions To Treating Herpes (Cold Sore, Genital Herpes Cure, Genital Herpes Book, herpes cure, cure herpes Healthy Hips Handbook: Exercises for Treating and Preventing Common Hip Joint Injuries Fix Tight Hip Flexors: The Ultimate At Home Cure Hips Trips Honolulu; The Old Coconut Soju Blues (Hips Trips Travel Adventures Book 4) Herpes: HERPES TREATMENT. HERPES CURE.: How to Finally Overcome Herpes and Cure Herpes Forever (Herpes Cure, Herpes Treatment) The Ultimate Herpes Cure - How to Eliminate Herpes for a Life Using Natural Cure Methods (Herpes Cure, Herpes Protocol, Herpes Cure Treatment, Herpes Treatment, Herpes Zoster, Herpes Simplex Virus)

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