

UNLOCK YOUR

HIP FLEXORS



THE KEY TO

STRENGTH & VITALITY

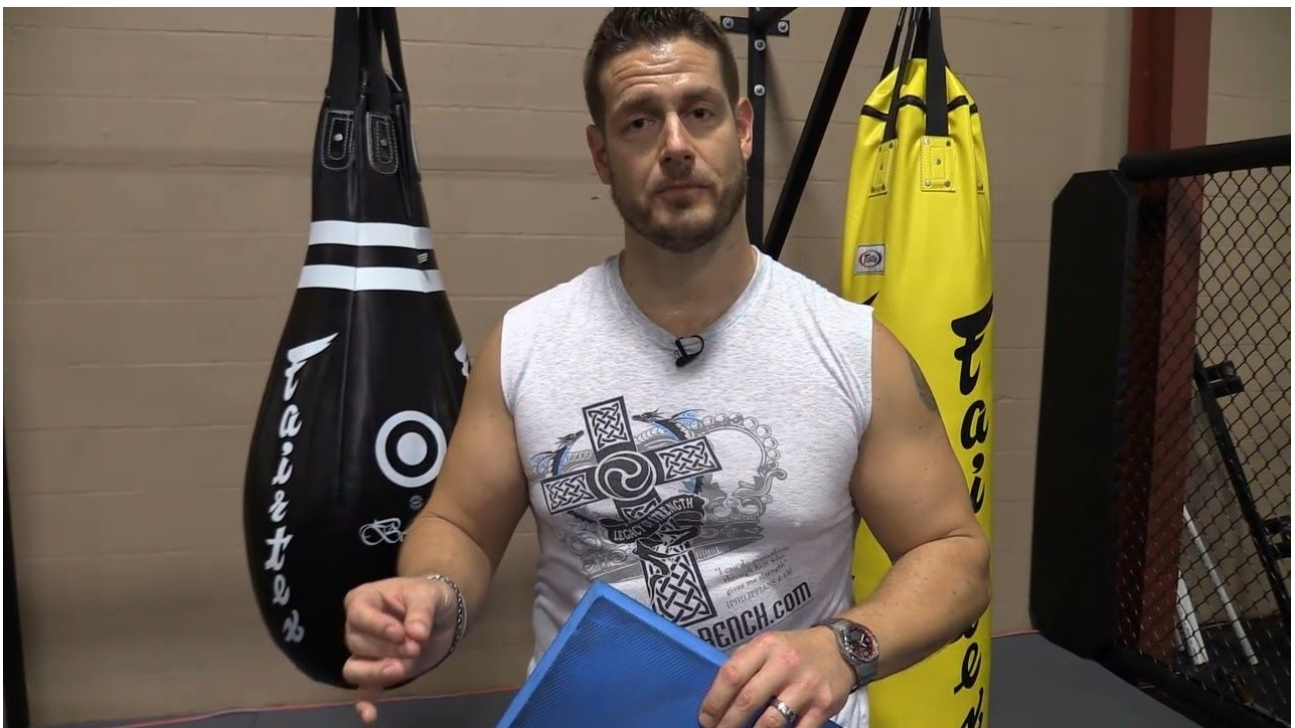


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Unlock Your Hip Flexors PDF Program by Rick Kaselj (10 Exercises)

Unlock Your Hip Flexors PDF Program by Rick Kaselj (10 Exercises) is a practical, easy-to-follow program you can use for instantly releasing your hip flexors for more strength, better health and all day energy. Rick Kaselj has pulled together a "sequential flow" designed just for you composed of 10 exercises (carefully selected), including PNF Stretching, Static Stretching, Dynamic Stretching, 3-Dimensional Core Stability Exercises, Mobility Exercises, Fascia Stretching and Muscle Activation.



[Click here to download Unlock Your Hip Flexors PDF Program by Rick Kaselj](#)

In the Unlock Your Hip Flexors PDF Program, we've shot these 10 exercises with explanations from Rick Kaselj on perfect form and exactly how to target that hard-to-reach psoas muscle.

The video content is split in two: The first is a Coaching Instructional Video where Rick Kaselj takes you in detail through each exercise, so you fully understand why you're doing that exercise, the best form to take and how it should feel. The second video is a Follow Along format designed so you can perform the flow alongside the video without breaking for explanation.

You'll receive a highly targeted manual: *The Unlock Your Hip Flexors PDF Program*, with greater depth about the psoas muscle and the effects of its shortening on your health and well-being. It also includes detailed descriptions of the exact exercise movements with pictures.

With the indications in *The Unlock Your Hip Flexors PDF Program*, you will experience immediate results the very first time you go through the program.

Only through learning how to do this properly will it enable you to start undoing some of the damage done to your psoas and start helping the body to naturally heal itself.

As you can imagine, this is a hugely technical field. The last thing we wanted was to overload you with too much, so we've done our best to distill the program to the most essential elements so you can experience rapid results.

I guarantee you'll not find an easier program than *Unlock Your Hip Flexors PDF 10 Exercises* to pick up and start using as part of your everyday routine or workout.

I first met Rick Kaselj when he helped me fix a shoulder problem. He was one of the few injury specialists I met who helped athletes by focusing on getting them back to training, rather than avoiding workouts. Rick Kaselj showed me what so many other injury specialists hadn't - how to work through the right sequence of techniques to unlock the tension and tightness in my muscles to properly solve the problem.

He's the guy I turned to when my wife, Courtney, was struggling with pain and discomfort in her hips after the birth of our son Lincoln. In the days and months following the birth, she experienced pain in her legs and discomfort when walking and sitting. She was struggling to sleep.

In just 15 minutes working with Rick Kaselj and the Unlock Your Hip Flexors PDF Program he'd successfully unlocked her hip flexors so she no longer felt any pain or discomfort that day. She was able to walk without experiencing the nagging pain in her pelvic area. She could sleep better and could start enjoying those precious days with a little one at home.



But Rick Kaselj's Unlock Your Hip Flexors "flow" technique doesn't only help those in pain.

Our Head Strength Coach Chris Wilson felt his hip flexors were a little tight (from sitting and answering training questions on Facebook too much) and tried the same routine Rick Kaselj had used with my wife.

Within days, Chris successfully increased his deadlift by 35 pounds to finally hit that 500 pound pull he had been training for. All because he got

to experience the sequential flow of movements that Rick Kaselj developed in the Unlock Your Hip Flexors PDF Program.

Why "static" stretching alone isn't the answer

Knowing you have tight hip flexors is one thing. Knowing how to fix your hip flexors is another challenge altogether.

If you trust so-called experts on YouTube and online, they'll have you believe it's simply a case of holding a few static stretches for a period of time to try and lengthen the muscle.

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Or rolling around with a tennis ball stuck to your hip (as if that will really make any difference). It takes more than a tennis ball and foam roller to unlock your hip flexors...and doing it wrong could cause even MORE damage.

The reason few people manage to fix their hip flexors is simple. It's really a hard area to reach.

If you see how the psoas is attached within your body, it's buried deep inside your core making it tough to access. It's a hard muscle to find, let alone train.

So it's little wonder why trying to loosen it requires more than a simple static hip flexor stretch like the one below you've probably tried before.

You've probably found you're spending (or wasting) hours of your time stretching this way only to find it's having minimal effect.

That's because you need to attack the muscle from a variety of angles using a variety of exercise techniques and modalities, as indicated in the Unlock Your Hip Flexors PDF 10 Exercises Program in order to "unpack" the muscle in the right way. The truth is, you can learn to release your tight hip flexors on your own.



If you think of your psoas as a combination safe lock, there are several numbers that will unlock it but they need to be entered in the right order.

In the Unlock Your Hip Flexors PDF Program there are a number of specific movements beyond simple static stretching you can use to unlock and loosen your hips, legs and back.

If the muscles of the hamstrings are tight, they are more susceptible to tearing. No matter if you're an elite athlete, stay-at-home-mom or average Joe, a muscle tear in the back of your legs can take months to heal and recover from making life very challenging.

In today's world, most people make a living from a seated position along with sitting in their car and while at home. All of that sitting over time

increases tightness in the hamstrings. Having tight hamstrings causes the hips and pelvis to rotate back which flattens the lower back causing lower back pain and poor posture.

In a more perfect world, everyone would get regular sports massage to help improve the muscle tissue quality of the hamstrings by increasing blood flow but unfortunately for most of us, that isn't always possible.

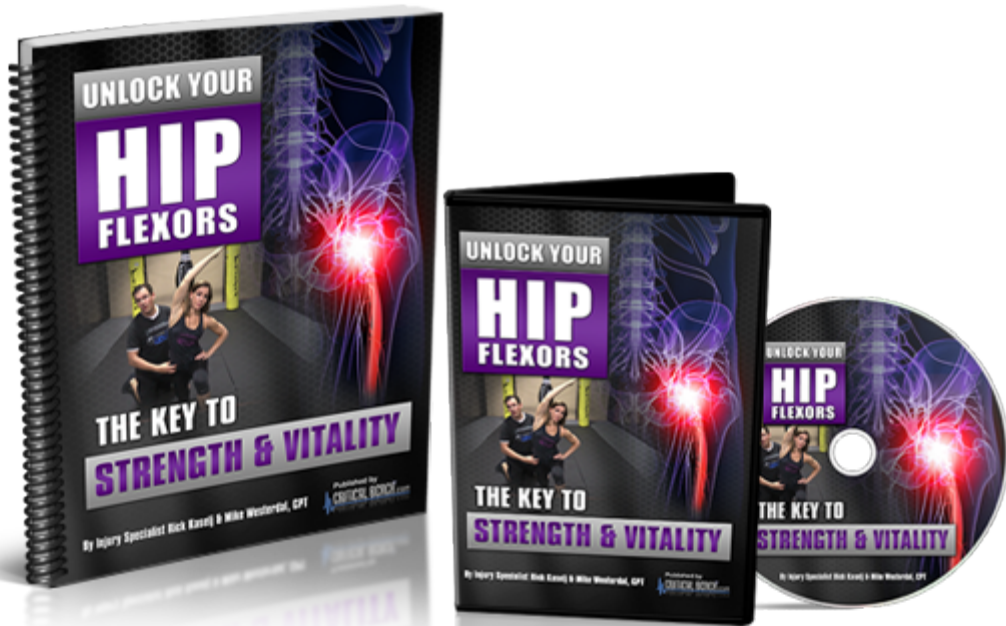
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In The Unlock Your Hip Flexors PDF Program, you will discover:

- Exactly how to target those hard-to-reach muscles with detailed, step-by-step walk-through videos of every single Key Move (Rick Kaselj's simple, clear demonstration of these powerful moves will help them become second nature in no time).
- The No.1 single most important element of human body posture and why your hips hold the key to peak performance (if this fails, your performance is drastically affected whether running, walking or even just standing).
- The true impact of your body's "Mighty Muscle" and how it is really affecting your physical, emotional and spiritual well being (you'll be shocked how big an impact this has on your everyday life).
- How your body's natural survival response has been tricked into permanent "danger" mode, and how you can switch it off to see faster fat loss and more energy (the reasoning behind this is crazy, but completely true).
- The main causes for your psoas muscle to change structure, a major danger sign for your body (any change, however minimal, has an overwhelming impact that ripples across your body causing other muscle groups to compensate).

- Why you're just as likely to be affected by this problem if you're a balls-to-the-wall gym rat training 24/7 or a couch potato.
- Why, if you have a desk job or drive a car for long periods, you need to act NOW with the Unlock Your Hip Flexors 10 Exercises.
- The shocking reason your intense core workouts could be doing more harm than good if you haven't loosened your hips first with the Unlock Your Hip Flexors 10 Exercises (and why crunches and sit-ups won't do a thing to help).
- Why strong legs and glutes are important to your overall health and why you need to prevent too much flexion of your hips.
- How trauma, injury and stress can build up within your posture and how it will ultimately affect your psychological state.
- Why the "cure" isn't simply to stop sitting (you need to be more pro-active in targeting the muscles affected to undo the damage from sitting all day).
- Why the damage is most likely ALREADY done and exactly what you need to do to redress those deep-seeded imbalances with the Unlock Your Hip Flexors 10 Exercises before the damage becomes permanent (if this doesn't kick you into action, nothing will...)
- Why "comfort" and "support" are the enemies of our natural physiology and how we can start to move back towards our natural posture (forget pillows, support cushions and belts.)
- How tight hips affect your sexual performance through decreased blood flow and circulation and what you can do about it right now to achieve peak sexual health again.
- Why some guys end up with "old-guy butt syndrome" that isn't sexy but also inevitably leads to hip pain and how to avoid it by loosening the hips.
- The 2 situations you NEED to be aware of when training your glutes with the Unlock Your Hip Flexors PDF 10 Exercises to ensure they're properly activated for maximum athletic performance.
- How to clear your mind and re-energize your thinking simply through learning how to relax your psoas muscle (this alone will help you wipe stress from your mind in an instant).

- Plus much more...



+ THESE BONUSES!



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