Title
Rick Kaselj’s Unlock Your Hip Flexors by Mike Westerdal

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Unlock Your Hip Flexors Review

Product Name: Unlock Your Hip Flexors

Creator Name: Rick Kaselj and Mike Westerdal

Bonus: Yes

Official Website: Click Here

Unlock Your Hip Flexors program contains a 63-page manual guide and 2 videos – a coaching video and a follow-along video, which shows you on how to do the exercises as taught in the manual. The goal of the program is teaching readers on how to loosen and strengthen their hip flexors. Clients who purchased the program are also entitled to 2 free bonuses: Unlock Your Tight Hamstrings program (manual and video guides) and The 7-Day Anti-Inflammatory Diet.

We’d all like to be more flexible, lose some weight and feel stronger, and most of us live busy lives and feel pushed for time. This review considers the Unlock Your Hip Flexors Program, and considers whether it is a
worthwhile purchase to help you make the change you need to in your body.

This program will teach you the importance of your hip flexor muscles and why they have such an impact on the movement of your entire body.

You will notice that when you loosen up your hip flexors you will have increased flexibility and movement in your entire body. Strengthening and loosening up these muscles will have an impact on the entire rest of your muscle systems and joints – as it will change your posture and the way you move.

What Is Unlock Your Hip Flexors?

Initially what sets this apart from other diet and exercise manuals is that the hip flexors are little known about muscles that are actually considered the engine of our bodies. Responsible for balance and ability to reach, bend, walk, twist, step or even sit, the movements in our body often incorporate the hips. When we spring or kick, we naturally put stress on the hip flexors. As such athletes, particularly runners, soccer players, and martial artists, sometimes exhibit pain in the upper groin region, where the thigh meets the pelvis. This is where the hip flexors are.

Hence people who are suffering from obesity often experience issues with their hips. These small flexors within the hips are undetected in a healthy and fit person. However, they can be detected in instances of bad posture; anxiety issues, immune system issues, joint pains, discomfort walking, hips seizing, sleeping issues, digestive problems, circulation and related problems. These problems can stem from tight hip flexors.

This program is designed to teach you everything you need to know about the hip flexors, and how to keep them flexible, for optimum health. It will show you simple exercises that you can follow along with to make your hip flexors more supple and flexible.

Even if you have a busy schedule and don’t have much time every day, you will still have time to do these basic stretches and exercises. The
exercises are demonstrated in a video which makes it easy to follow along with even if you have never done anything like this before.

Who Created Unlock Your Hip Flexors?

It’s rare that a program of this calibre is created by two respected professionals, which is what makes us sure that the Unlock Your Hip Flexors program is the top of its game in the market. Co-authored by Rick Kaselj and Mike Westerdal, the program allows you to benefit from the combined expertise of two of the leading professionals in the exercise, weight training and core strength industry.

Westerdal is an author, trainer and leading authority on bodybuilding, strength training, muscle building and core strength, and he is a seasoned teacher and author, who personally want to help people around the world to feel as body confident as they can. Several market leading muscle building programs are based on Mike’s extensive knowledge about training. His website CriticalBench.com has several hundred thousand subscribers, and from this Mike promotes and endorses other packages he thinks are relevant to his readers. As an author, speaker and expert, Mikes has been featured in Monster Muscle, Muscle & Strength, REPS and several other weight training guides, as well as his own program helping people around the world sculpt their dream body.

Rick Kaselj is a kinesiologist with over 16 years of personal experience in sports injury, training and exercise. He also has a master’s degree in exercise science, which has seen him guide major professionals through injuries and injury prevention. Like Westerdal, Rick has a wealth of experience in authoring and coaching professional sporting heroes, and his expertise has been recognised by many top publications such as Yahoo News, Iron Man magazine and more.
What Is The ‘psoas’?

Within the body are two muscles making the illopsoas, which connects the upper and lower body. This is the area which can often become strained causing hip and lower back pain. The psoas (pronounced so-az) is largely responsible for flexibility and movement between upper and lower body.

This muscle can be damaged by too much of a sedentary lifestyle, and so people who work behind desks can often suffer the consequences of tight hip flexors. Just sitting for a short while does not do the harm, but for people who have sedentary jobs or spend large periods of time sitting, you may have been damaging your hips without even knowing it. The good news is that you can counteract the damage that you have caused over the years with the exercises in this program. With these techniques, you will be able to make your body limber again and your hip flexors more mobile – even if you have been sedentary in your office job for years.

What does the Unlock Your Hip Flexors program do?

Within its pages, the program demonstrates exactly which combinations of exercises are needed to optimise the body’s use of the hip flexors; resulting in more flexibility, mobility and positivity. Useful tools in your toolkit will include Muscle activation, mobility exercises, PNF stretching, Dynamic Stretching and further such exercise, but the real beauty is on
the sequential flow created by the authors, in order to take the stress our of preparation for you. These experts have created the order so as to maximise fat burning and muscle building, as well as core strength and positive mental attitude.

Do you long to banish bulging belly syndrome, which can be induced by the curvature of unlocked hips? Do you also wish to improve sexual performance? Seized hips flexors can inhibit sex drive, just because of sitting down too much.

The Unlock Your Hip Flexors program to help you train your muscles to improve areas of your life you had not even realised were being affected by your posture.

Some of the benefits that you will enjoy when you follow the techniques in this program include:

- Improved posture when sitting and standing.
- Correcting a sway in your back and a bulging belly, which can make you look heavier than you really are.
- Reduced stiffness and discomfort in the hips, legs and back.
- Increased circulation throughout your body.
- Improved sexual health and better sexual performance.
- Better athletic performance and increased mobility.
- Increased core strength and improved balance.
- Reduced risk for hip and groin injuries.
- More comfort and ease of motion during a range of daily activities.

These are just a few of the main benefits that you will enjoy when you follow the exercises within the program.
What’s included in the program?

**Unlock Your Hip Flexors** will enhance your life in a number of ways. Primarily it will give you all the tools to access to more strength, better health and energy, and to continue to improve this through its carefully constructed exercise sequences. Your hip flexors are the one of the most important muscles in your body, so it is crucial to keep them supple and strong. They affect your posture, your movement, your flexibility, your athletic performance, your sexual performance and many other aspects of your health.

For example I previously mentioned this special flow sequence created by Rick. Carried out as instructed and using the right movements, this sequential flow will help to unlock the hip flexors.

You will also gain access to the multimedia package, which include the Unlock Your Hip Flexors DVD Video. Here is the main foundation of the program, since it is imperative that your health and safety are protected. Rick effectively demonstrates how to use perfect form and target the muscle you need to gain relief from your tightened hip flexors.
For ease of navigation, the DVD is divided into two sections. Starting off with an instructional video, you get to benefit from watching Rick show you every exercise in detail. He explains how this fits within the sequence, and how to get the most out of the exercise. The level of detail is really reassuring.

Part Two of the video program is for you to simply play and follow, so you can perform everything in realtime alongside Rick; without the explanations. Everything is covered in detail, making it easy to follow.

Video Tour

Unlock Your Hip Flexors - Follow Along

Official Website
You will also gain a 60 day moneyback guarantee, which allows you to try out the product and see if it suits you. If you decide it doesn’t, you can get a full refund without question!

Why wait for the most flexible and healthy you? Get started today.