



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

Sean Schniederjan

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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 amazon purchaser.

"Simple, and it works. Buy it, read it, use it." -Review from verified amazon 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 amazon 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.

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Robert Hansen:

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