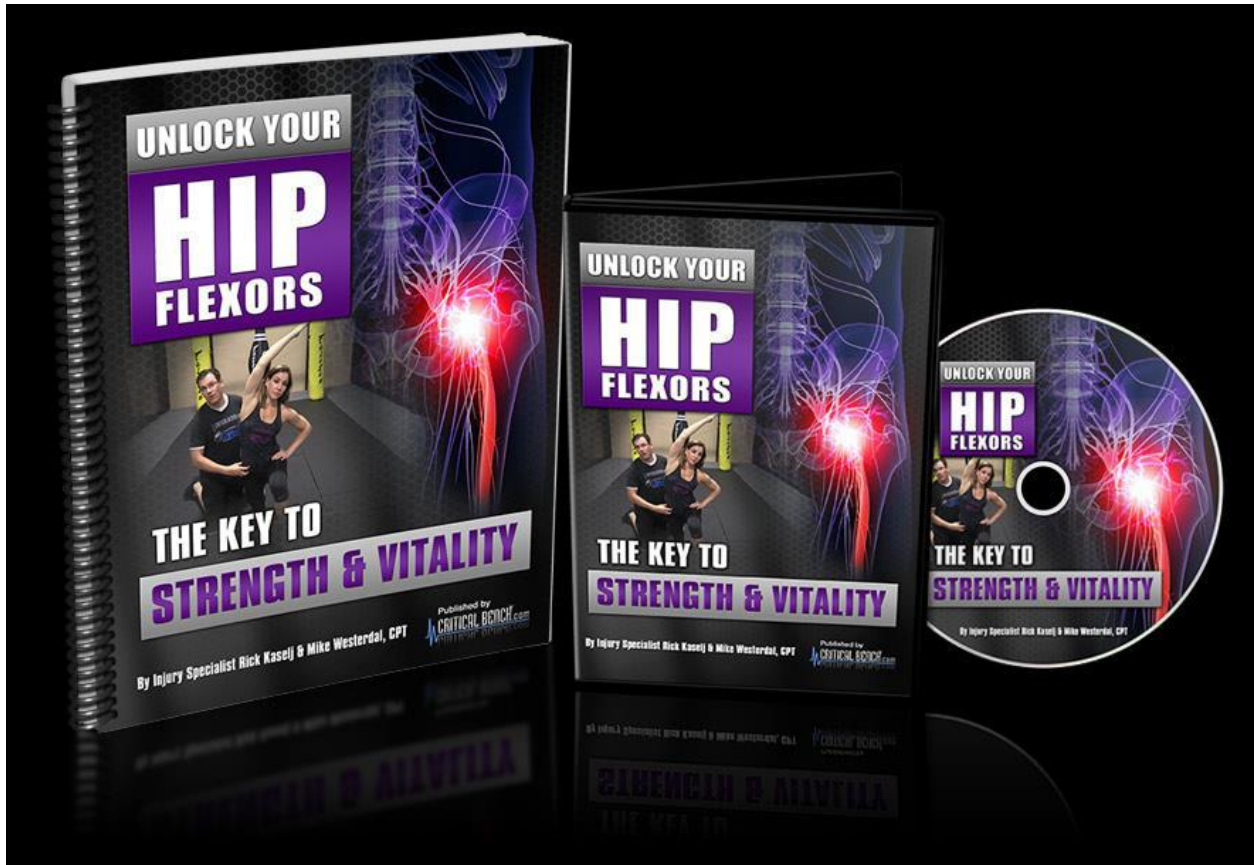


Unlock your hip flexors



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Unlock Your Hip Flexors

Gives You A Practical, Easy-To-Follow Program You Can Use Today For Instantly Releasing Your Hip Flexors For More Strength, Better Health And All Day Energy.

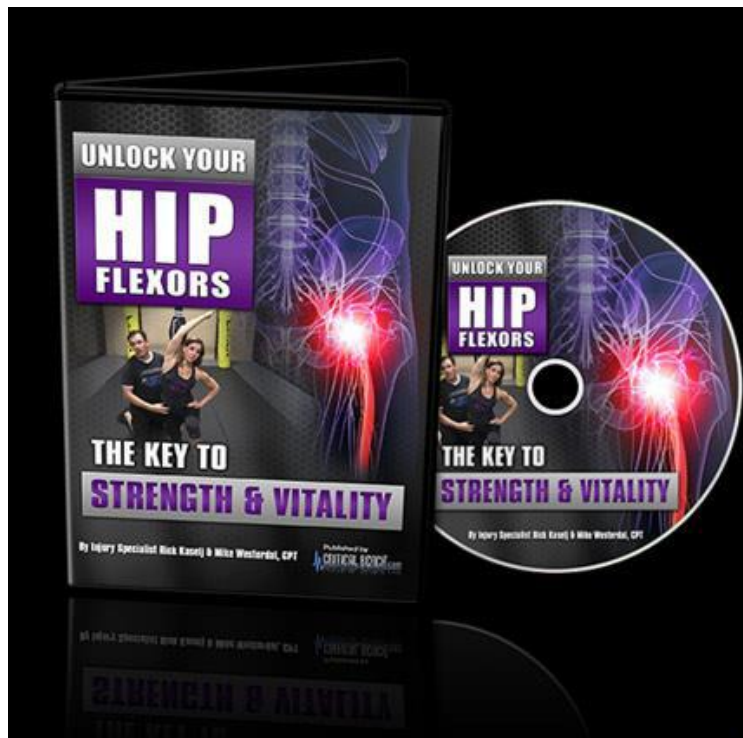
Working with Rick, we've created a great program that is quite simply Done-For-You.

We've shot these 10 exercises with explanations from Rick 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 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.

UNLOCK YOUR HIP FLEXORS MANUAL

You'll receive a highly targeted manual 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.



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The power of Rick's technique lies not only in what techniques are performed and how well, but in doing these in the proper sequence. Done effectively, the sequential flow works with your body to activate its natural healing process, improve flexibility while adding strength and vitality.