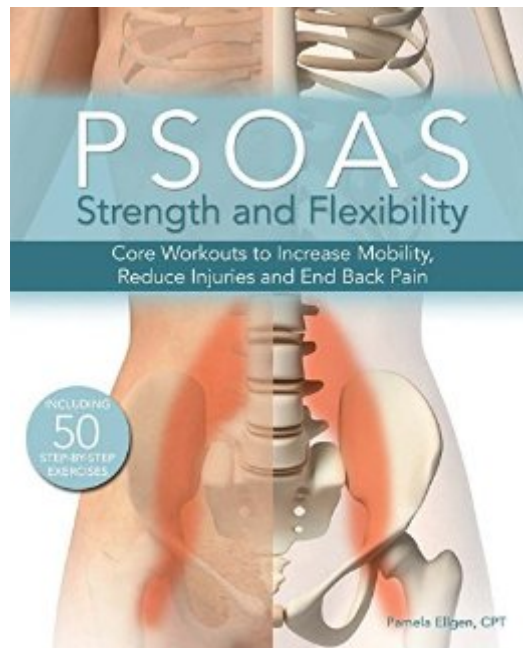


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# Psoas Strength And Flexibility: Core Workouts To Increase Mobility, Reduce Injuries And End Back Pain



## Synopsis

A COMPLETE GUIDE TO PREVENTING BACK AND HIP INJURIES BY STRENGTHENING THE MUSCLE GROUP CONNECTING YOUR UPPER AND LOWER BODY

Connecting the lower spine to the hips and legs, a strong and flexible psoas muscle is vital for everyday movements like walking, bending, and reaching, as well as athletic endeavors like jumping for a ball, holding a yoga pose, and swinging a golf club. With targeted information and exercises, this book's step-by-step program guarantees you'll transform this vulnerable muscle, including:

- Develop a powerful core
- End back pain
- Increase range of motion
- Improve posture
- Prevent strains and injuries

Packed with 100s of step-by-step photos and clear, concise instructions, Psoas Strength and Flexibility features workouts for toning the muscle as well as rehabbing from injury. And each program is based on simple matwork exercises that require minimal or no equipment.

## Book Information

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## Customer Reviews

Before finding this book, I'd never heard of this psoas muscle group -- there is a psoas major and minor, and they run inside your hips on each side. The reason to spend some time reading and working through this book is if you have lower back pain and/or tingling and numbness down one or

both legs. As the authors point out, and this is what I thought was pretty cool about this book, is that back pain is not always located exclusively in the back pain. Back pain often comes from compression in the spine or alignment issues, but the lower back is so connected to the hips and legs that these psoas muscles need some attention. The book begins with a simple test of your psoas muscles strength and flexibility. There is a simple stretch, outlined in the book, to see how much you can stretch these puppies (mine were pretty tight at first, but tend to limber up quickly). There is also a strength test, which simply amounts to standing with your back against a wall and raising one knee. My strength was okay, given the fact that I do a wide range of exercises already, but since taking these two tests my psoas have developed some. So, what are the exercises and stretches like? The book is full of movements and exercises taken from yoga, pilates, and body-weight training. There are many poses and movements which stretch and strengthen these hip muscles, as well as the more typically exercised quads, hamstrings, and glutes. I found this to be a very useful book. It's certainly worth working through this book if you're experiencing lower back pain, I think, as I've found the the more flexible and healthy/strong I am overall, the less my back is a problem.

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Introduction to Yoga and Pilates - Improve Your Flexibility, Increase Mobility and Relieve Tension: Learn How To Transform Your Life (Maximize Your Human Potential)  
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