

## Unlock Those Hips - Increase Speed!

Chances are your hip flexors are stopping you from running, swinging and throwing as fast and hard as you can. Not because they aren't strong enough, but because they are too tight!

When your hip flexors are too tight - and because we sit so often, most of us have VERY tight hip flexors - our posterior chain muscles (glutes, hamstrings) do not "fire" properly. The body always tries to protect us, so when one muscle is tight, it's antagonist (opposite) muscle(s) do not function properly or at maximum efficiency.

When you can "unlock" your hips all of a sudden your body is able to recruit the glutes and hamstrings so you can swing, throw and run at higher levels.

Here is a very simple drill to do to help unlock your hips. Be sure you are properly warmed-up - preferably after a dynamic warm-up session.



Hold the position for 30 seconds then repeat for opposite side. You simply cannot do this drill enough, especially if your hip flexors are very tight.

Since over 90% of Americans complain of back pain at some point in their life, this drill can be effective for anyone. Tight hip flexors alter the body's natural, correct posture and place undue stress on the back.

This drill can help you be healthier AND perform at a higher level!

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