

## **Hip Flexibility: Review Examining Eric Wong's Program Released**

*Hip Flexibility reviews have been flooding the Internet and HealthyandFitZone.com reveals the truth about this program that promises increased flexibility and genuine improvement in only 7 days.*

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Hip Flexibility, breakthrough technology that claims to unlock tight hips, and erase knee, hip, and back pain while enabling people to gain strength, speed, and power in only a week has caught attention of HealthyandFitZone.com's Stan Stevenson, prompting an investigative review.

"Our Hip Flexibility review shows that this program is being marketed as a 3D Flexibility System, and what it doesn't include is what Mr. Wong describes as 'static stretching', a kind of stretch if performed at the wrong time, not only impairs your strength, power and speed, but may also cause injury in the worst case scenario," reports Stevenson. "The program is provided in an easy to follow format, with each exercise fully demonstrated, so you can be sure you're doing them correctly. Provided in an instant download, you can get going straight away."

Hip Flexibility provides people with 6 powerful solution routines: The HFS Bioenergetics Routine, The HFS Kneeling Routine, The HFS Standing Routine, The HFS Core Routine, The HFS Advanced Mobility Routine, and The HFS Active SMR Routine. The first focuses on releasing the tight muscles that actually restrict breathing, the second consists of 4 separate exercise sequences that build strength in all motions of hip movement, the third is all about gaining flexibility in the hip joint, as well as mobility and strength, the fourth, consists of 5 exercises that are designed to power up those core muscles, the fifth specifically targets the muscles around the hips and these 5 advanced exercises improve speed, rotation and stability, and the sixth one known as self-myofascial release (SMR) is very popular with athletes to ensure their muscles and fascia are as free as possible from scar tissue.

"Hip Flexibility is not only targeted at serious athletes and exercisers where it definitely hits the spot for this target group, but it is also great for those who exercise moderately or even barely," says Stevenson. "Better the functioning your hip joint, the better your body works as a whole. Improving your hip flexibility really does give you marked gains in both strength and speed. You'll also take less than half your usual time to warm up when your hip joints move in the way that they're meant to. The exercises included in this program are based on proven scientific research, and the recently accepted dangers about static stretching."

"If you've ever suffered from any kind of knee, hip or back pain, then improving and freeing the hips can have miraculous effects on the whole body. No matter what your age, how fit or fat

you might be, or whether you're male or female, Hip Flexibility Solution can provide you with results you've never dreamed of. No matter what your level of fitness is right now, the program works with you to move you up through the levels. If you're really serious about upping your game and protecting yourself from future injury, then this could well be exactly what you've been searching for. Hip Flexibility Solution certainly gets the thumbs up from us!"

Those wishing to purchase Hip Flexibility, or for more information, click here:

<http://healthyandfitzone.com/go/HipFlexibility/>

To access a comprehensive Hip Flexibility review, visit <http://healthyandfitzone.com/hip-flexibility-review>