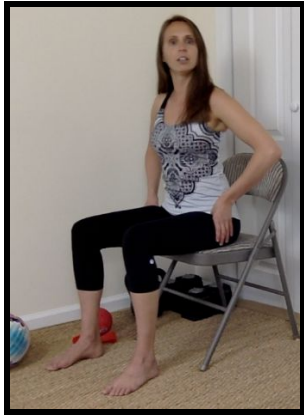


Mini Sitting Series

Also Known As Multitasking Awesomeness!



Step #1. Sit without your TFL (hip flexor) contracting. Use your hands to feel the front of your hips. It should be soft and squishy!



Step #2. Make sure you're even on your sits bones. (Ischeal Tuberosities)
Don't be afraid to pull your glutes open.



Step #3. Inhale Back Body
Take a deep inhale and try to squash your hand.



Step #4. Squeeze Inner Thighs
Start gently, focus on only using your adductors. (Inner thigh muscles)



Step #5. Make sure hip flexors are not firing when you squeeze. Best way to do that is to feel them.

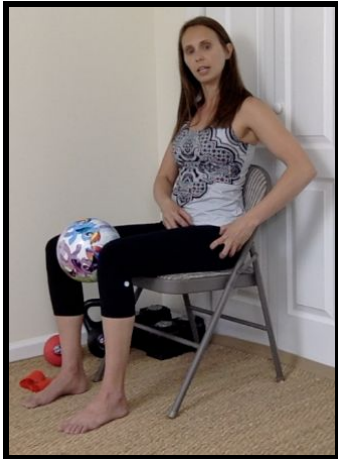
Step #6. Put it all together.

Inhale Back Body - Relax Legs

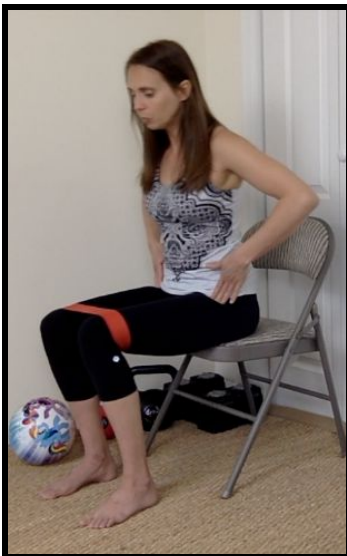
Exhale from Abs - Squeeze Inner Thighs



Step #7. Make it fancy. :) Think about sucking your femur (leg bone) into the socket without twisting your hips.



Step #8. Realize this exercise is hard as @\$% and then work on it a lot.



Step #9. Grab a band and work the outside. Try sitting up and if that doesn't work lean back. Keep those sneaky hip flexors at bay to let your glutes work!

This is also a great one for building arch strength if you keep your big toe firmly planted on the floor.



Step #10. You can use your hands in public so you don't look crazy. Or you can just look crazy, take a pic and tag me! I'll love it!!

Thanks for joining me for the webinar and free mini sitting series. If you want to feel amazing all the time, checkout the full program!

<http://www.coreexercisesolutions.com/happy-hips/>