I know how powerful this program is, but we both know that it will only work if you actually do it! So I’ve created this guide outlining the steps to implementing the Hip Flexibility Solution program without getting overwhelmed. Print it off and make sure you complete all the steps to get the fastest results.

WEEK 1

☐ Read the HFS Master Manual to understand the science behind the program
   [1 hour of undistracted reading]

☐ Read Pgs. 4-7 of the Technique Manual for the program layout and general guidelines [10 mins]

☐ Watch and follow along with the Kneeling Routine videos, while referencing the exercise
   instructions in the Technique Manual for proper form [30 mins]

☐ Schedule and commit to performing the Kneeling Routine everyday for 6 days in a row

☐ Watch and follow along with the Core videos while referencing the instructions in the
   Technique Manual for form, then assess yourself by entering how many reps you can do in
   perfect form, or for Side Bridge, how long you can hold each side in good form [30 mins]

   1LL (straight): ___  Side Br. L: ___ R: ___  1LL (side): ___  Lat. Leg Drop: ___  4PO: ___

☐ Add the Core routine to the end of your regular workouts [3 days/week]

By the end of Week 1, you should have performed the Kneeling Routine 6 days in a row (doesn’t matter when) and the Core Routine 3 times after 3 workouts (or if you don’t workout, whenever).

WEEK 2

☐ Watch and follow along with the Bioenergetics videos while referencing the instructions in the
   Technique Manual for form [5 mins]; commit to performing them once a day at anytime

☐ Watch and follow along with the Standing Routine instructional videos while referencing the
   instructions in the Technique Manual for proper form [30 mins]

☐ Alternate between the Kneeling and Standing Routines; take 1 day off per week (Kneeling
   Routine can be done anytime, Standing Routine is best done on its own or after a workout)

☐ Watch and follow along with the Active SMR videos while referencing the instructions in the
   Technique Manual for proper form [30 mins]

☐ Add the Active SMR exercises on their own or before or after workouts at least 3 days/week

In Week 2, you’ll perform 3 sessions of the Kneeling Routine and Standing Routine (alternate and take a day off), Core Routine, Active SMR and Bioenergetics everyday.
WEEK 3

☐ Watch and follow along with the Mobility videos while referencing the instructions in the Technique Manual for proper form [20 mins]

☐ Add or replace the Mobility exercises into your current warmup routine (3 days/week)

If you’ve checked everything off, congrats, you’ll have fully implemented the Hip Flexibility Solution program!

To summarize, the full program involves:

- Alternating the Kneeling and Standing Routines and taking 1 day off (3 sessions each)
- Performing the Core Routine after workouts 3 days/week
- Adding the Mobility Exercises in before workouts 3 days/week
- Doing the Bioenergetics exercises everyday

WEEK 4

☐ Continue with the full program as outlined above

WEEK 5

☐ Take a complete break from the HFS program

☐ Email me at hey@pmcoach.pro with a report on how you’re feeling

The week off will allow your body time to catch up with the “new you” and will let you feel just how permanent the results are, as you’ll still feel looser and more limber even without the exercises.

WEEKS 6-9

Resume the entire program for 4 weeks in a row as you performed it in Week 4 without alteration.

Pay attention to any particular exercises that may be limiting you or working well for you.

WEEKS 10+

Feel free to alter the program to account for any particular restrictions you may have or continue with any exercises that really work for you.

But do not alter the program before this because as you’ll learn (or have already learned) in the Master Manual - it’s not just about tight muscles and you’ve got to address all of the limiting factors using the 3D Flexibility System™ to ensure you’re holistically addressing your hip flexibility problems.

www.HipFlexibilitySolution.com