



# Psoas Strength and Flexibility: Core Workouts to Increase Mobility, Reduce Injuries and End Back Pain

By Pamela Ellgen

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## **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.

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#### About the Author

**Pamela Ellgen** is a certified personal trainer with the National Academy of Sports Medicine and an experienced writer on health, fitness, and nutrition. Her work has been published in *LIVESTRONG*, *The Huffington Post*, *Jillian Michaels – Live Well*, and *The Portland Tribune*. She lives in Los Angeles, California.

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