

THE HIPS DON'T LIE: Unlocking the Hidden Potential of Your Glutes

Shakira was onto something in 2005! Put simply, achieving peak athletic performance is all about having and maintaining balance. While having a good, fit body is important for performance for your young athlete, sometimes factors can accidentally get pushed a little back but may just be the factors that can help improve performance. A key element that often goes overlooked but can have a profound impact is flexibility in the hips. Much like how an orchestra conductor relies on each musician involved to create harmonious music, the glutes depend on the flexibility in the hips to create smooth, efficient, powerful movements.

The Hip-Glute Connection

Imagine for a moment, that the body is an orchestral event. The skeleton being the stage, musicians are the muscles, and the hips are the conductor. Just as an experienced conductor will guide the orchestra's performance, your athlete's hips will dictate their movements while out on the track.

To keep reading, head on over to Carlingford Active Health's website for the full blog: <http://www.carlingfordactivehealth.com.au/news/the-hips-dont-lie-unlocking-the-hidden-potential-of-your-glutes/>

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