



I'm not a robot

































Created by a physical therapist, the Learn how to breathe for alignment and pain-free movement. Access Week 1 of MoveU's Back & Core Program completely free... When the Psoas is tight, it can negatively affect posture, stress, digestion and back pain. High performer who wants to make reliable training progress without setbacks? If so, apply to work with us 1-on-1:... 1-ON-1 Coaching: JOIN MY SKOOL: Have a... We will show some ways we treat the psoas major Dr. Rowe shows how to quickly get rid of psoas