

Twitter Thread by Alex Bernier

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@mythoughtfood

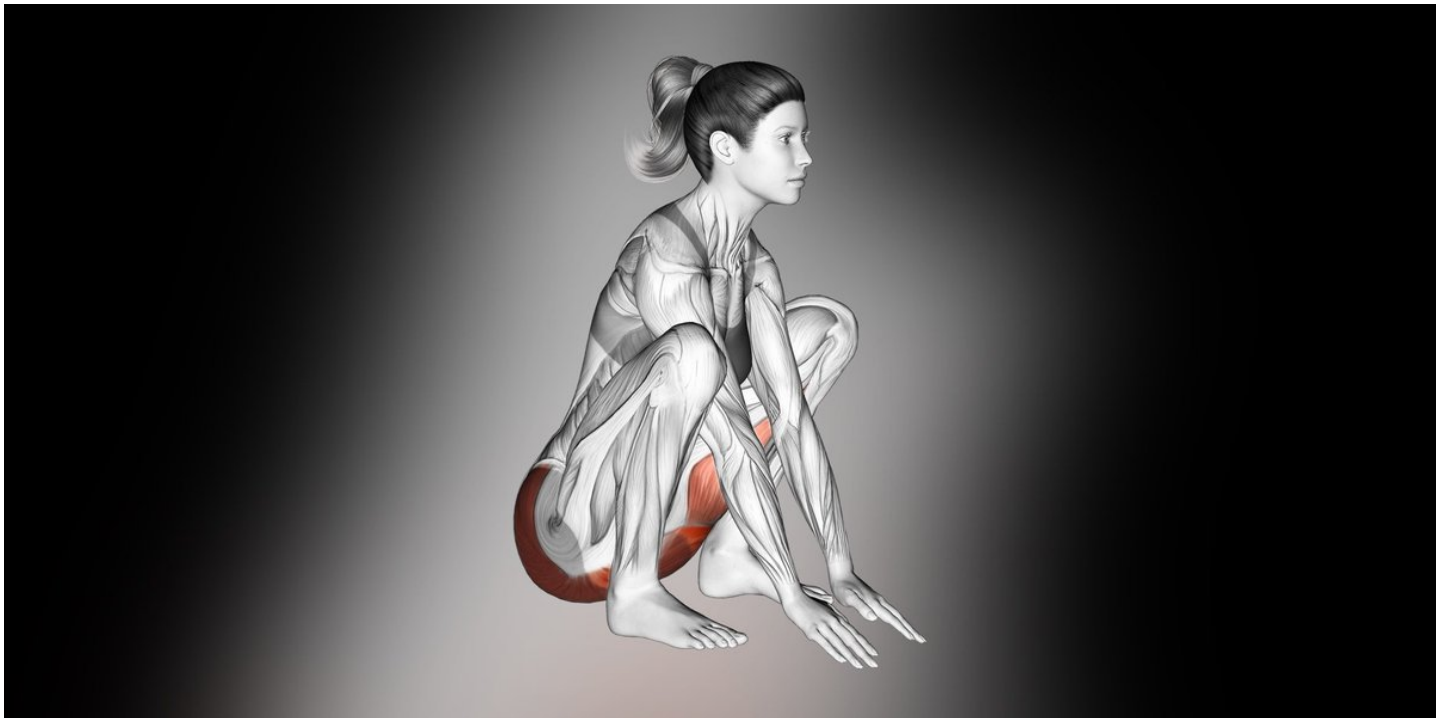


Bodies fall apart when they lack the strength and mobility to hold a Deep Squat.

Your compromised frame attracts pain and injury.

I've met too many adults over the years who failed to hold the position.

Practice your Deep Squat to spare yourself from future torments.



Step 1 - Strengthen the back of your legs one side at a time

<https://t.co/4NBPyzUSN4>

This simple exercise changes people's hips and lower backs.

You have no idea how much energy you waste when your glutes and hamstrings are weak.

I've assessed too many people who cramp after a few reps.

They can't lift their pelvis lying down, so imagine when they stand.

Fix pic.twitter.com/NMAJaMuuCU

— Alex Bernier (@mythoughtfood) November 27, 2021

Step 2 - Stretch both ends of your Hamstrings

