







## Are You Making This Supercommon Alignment Mistake? aa

I often wish we were taught how to move better in gym class, instead of how to play volleyball. 'Cause I have literally played volleyball 4 times since high school, but I move every single day.

And I also watch other people moving every single day.

Which means I see soooooo many people making this one particular movement mistake that has major whole-body impacts.

It damages your feet, weakens your pelvic floor, and compresses your lower back. Probably other stuff too.

Today, I'm going to show you what it is and how you can change it.

## Is Your Pelvis Too Far Forward?

The problem is simple to explain – almost everyone I see stands with their pelvis pushed way forward.

Instead of our hip joints lining up vertically with the side of our ankles, our hip joints are way out over our feet.

Here's a picture. See how my hips are way forward of my ankles?



## So Why Is Pelvic Position A Big Deal?

This isn't just a big deal. It's a huge deal. It creates all kinds of wonky issues from the ground up. Here's a few of them.

Pelvis-forward alignment overloads your feet

