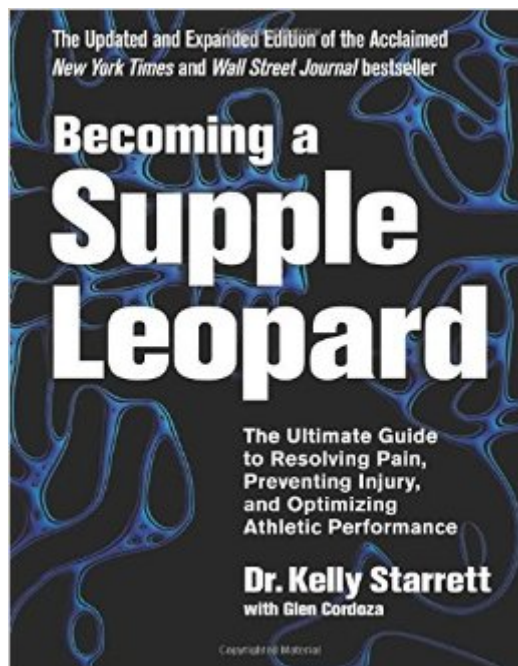


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Becoming A Supple Leopard 2nd Edition: The Ultimate Guide To Resolving Pain, Preventing Injury, And Optimizing Athletic Performance



Synopsis

Updated and expanded with more than 80 pages of new content! Improve your athletic performance, extend your athletic career, treat stiffness and achy joints, and prevent and rehabilitate injuries—all without having to seek out a coach, doctor, chiropractor, physical therapist, or masseur. In *Becoming a Supple Leopard*, Dr. Kelly Starrett—founder of MobilityWOD.com—shares his revolutionary approach to mobility and maintenance of the human body and teaches you how to hack your own movement, allowing you to live a healthier, more fulfilling life. This new edition of the New York Times and Wall Street Journal bestseller has been thoroughly revised to make it even easier to put to use. Want to truly understand the principles that guide human movement? *Becoming a Supple Leopard* lays out a blueprint for moving safely and effectively through life and sport. Want to learn how to apply those principles to specific movements, whether you are doing squats in the gym or picking up a bag of groceries? Hundreds of step-by-step photos show you not only how to perform a host of exercise movements, such as the squat, deadlift, pushup, kettlebell swing, clean, snatch, and muscle-up, but also how to correct the common faults associated with those movements. Frustrated because you can't perform a certain movement correctly due to range of motion restrictions? Breaking the body down into 14 distinct areas, Starrett demonstrates hundreds of mobilization techniques that will help you resolve restrictions and reclaim your mobility. Unsure how to put it all together into a program that addresses your individual needs? This updated edition lays out dozens of prescriptions that allow you to hone in on a specific limitation, a nagging injury, or an exercise fault that you just can't seem to get right. It even offers a 14-day full-body mobility overhaul. Performance is what drives us as human beings, but dysfunctional movement patterns can bring the human body to an abrupt halt. Often, the factors that impede performance are invisible even to seasoned athletes and coaches. *Becoming a Supple Leopard* makes the invisible visible. Whether you are a professional athlete, a weekend warrior, or simply someone wanting to live healthy and free from physical restrictions, this one-of-a-kind training manual will teach you how to harness your athletic potential and maintain your body. Learn how to perform basic maintenance on your body, unlock your athletic potential, live pain-free—and become a Supple Leopard. This step-by-step guide to movement and mobility will show you how to:

- Move safely and efficiently in all situations
- Organize your spine and joints in optimal, stable positions
- Restore normal function to your joints and tissues
- Accelerate recovery after training sessions and competition
- Properly perform strength and conditioning movements like the squat, bench press, pushup, deadlift, clean, and snatch
- Build efficient, transferable movement patterns and skill progressions from simple to more advanced exercises
- Identify, diagnose, and correct inefficient movement

patterns Treat and resolve common symptoms like low back pain, carpal tunnel, shoulder pain, and tennis elbow Prevent and rehabilitate common athletic injuries Use mobilization techniques to address short and stiff muscles, soft tissue and joint capsule restriction, motor control problems, and joint range of motion limitations Create personalized mobility prescriptions to improve movement efficiency

Book Information

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Average Customer Review: 4.8 out of 5 stars See all reviews (1,261 customer reviews)

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Customer Reviews

Before we start, yes, this is freaking long. I know. I originally wrote this for people at Reddit, and only made a few minor edits for .First off, a squabble with how the book was published: I ended up paying 50 euros to purchase the book and get it shipped over here, at .com, which is a US-based website. This is odd because I live in the Netherlands, so it would've made much more sense to order at .co.uk or .de, but then I would've paid 50 euros for just the book sans the shipping. This is odd and in dire need of correction.On , all you read are rave reviews of how the book will change your life and will instantly make you the healthiest human being on the planet and all that... well, I don't believe in magic bullets, and neither should you. Don't take this as me saying the book isn't good; it is and there are definitely a lot of things I've learnt from it. However, I don't think it's the be-all-end-all of fitness books.Overall, the book is well-written; very digestible writing. However, I can see that if you're new to this, you'll probably have a hard time on some parts, and will be overwhelmed by the sheer volume of information. Because there is a lot of information: there are 32 individual movements described, ranging from a basic air squat to a muscle-up and there are over a 150 pages describing specific mobility techniques.The book starts of with an introduction, which, as expected, is Kelly banging his own drum loudly for a couple pages; there is no real info there. From

there on out, the book is divided up into roughly three parts: * Introduction to/Explanation of the movement and mobility system: this explains Kelly's general rules for movement, mainly concerning spinal organisation and bracing.

I must first let you know that I am not one to review books. I wrote my first book almost 2 years ago and I understand the incredible task it is to undertake something that Kelly has done. I have read hundreds of books in my life. Going through Pre-Med and then on through Chiropractic School I was expected to read every book having to do with anatomy, physiology, neurology, and you name it. I have spent over 20 years treating patients for back, neck, shoulder, hip, elbow, wrist, knee, and ankle problems. I have attended over a hundred seminars dedicated to teaching me to better understand the dynamics of the human body and how to help my patients heal faster and completely. I have also dedicated a large percentage of my practice to treating athletes and the injuries they suffer. Also being certified in Physiotherapy I have always tried to stay as competent as I can to help them heal from their injuries and most importantly to help prevent them. I came across Kelly's work over a year ago through his mobilityWOD.com site. I was so impressed with the dedication he showed by posting a daily video on helping others not only treat but prevent injuries. When I heard of his upcoming book I can say for the first time in a long time I was very excited for a new book to read. I pre-ordered it many months ago and continued to check for its release like a kid waiting for Christmas. I received my copy early this week and after spending about 4 days and unable to put it down, reading it at every opportunity, let me summarize my thoughts on what I can say without question is the absolute best volume of information I have ever seen compiled in one book that addresses the human body.

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