



# **Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance**

*Kelly Starrett, Glen Cordoza*

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# Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance

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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 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

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This Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get data which is getting deeper you read a lot of information you will get. This specific Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance without we realize teach the one who looking at it become critical in contemplating and analyzing. Don't always be worry Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance can bring once you are and not make your tote space or bookshelves' grow to be full because you can have it within your lovely laptop even telephone. This Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance having excellent arrangement in word and layout, so you will not sense uninterested in reading.

#### **Jose Gower:**

A lot of people always spent their own free time to vacation or even go to the outside with them family members or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that's look different you can read a book. It is really fun for you. If you enjoy the book which you read you can spent the entire day to reading a book. The book Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance it is quite good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. Should you did not have enough space to create this book you can buy often the e-book. You can more simply to read this book out of your smart phone. The price is not too costly but this book offers high quality.

**Carla McFarlin:**

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