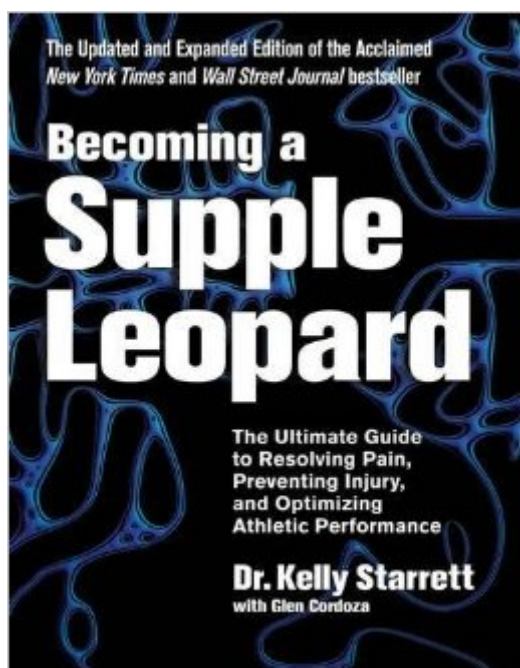


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Becoming A Supple Leopard 2nd Edition: The Ultimate Guide To Resolving Pain, Preventing Injury, And Optimizing Athletic Performance



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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Customer Reviews

Dr. Kelly Starrett is a coach, physiotherapist, and author of the New York Times bestseller *Ready to Run*. He has revolutionized how coaches, athletes, and everyday humans approach performance as it relates to movement, mechanics, and the actualization of human and athletic potential. He and his wife, Juliet Starrett, co-founded San Francisco CrossFit and MobilityWOD.com, where they share their innovative approach to movement, mechanics, and mobility with millions of athletes and coaches around the world. Kelly travels the world teaching his wildly popular *Movement & Mobility Course* and also works with elite military forces and every branch of the military; athletes from the NFL, NBA, NHL, and MLB; and nationally ranked and world-ranked strength and power athletes. He consults with Olympic teams and universities and is a featured speaker at strength and conditioning and medical conferences nationwide. Kelly believes that all human beings should know how to move and be able to perform basic maintenance on themselves. He lives in northern California with his insanely talented and amazing wife and their two young lionesses, Georgia and Caroline. His chief life goal is to spend more time on the beach with his family. Glen Cordoza is a New York Times and Wall Street Journal bestselling author and a former professional mixed martial artist and Muay Thai boxer. He is one of the most published

authors on the topics of MMA, Brazilian jiu-jitsu, Muay Thai, and fitness with 20 books to his credit.

I have had this book for under a month and have had significant improvement in my overall mobility and I have less pain when I wake up (often no pain). I'm more supple! I recommend this book to anyone who will listen and feel sorry for people who don't listen when I tell them about it. Do yourself a favor and order a lacrosse ball at the same time you order the book.

Dr. Starrett provides an easy to follow text book on how to take care of yourself. It is written from the perspective of an athlete, but with only a little sense you can apply to all population. For example my mother is not an athlete at all, she was having a little knee pain and after a little studying and showing her what worked for me, we managed to resolve her knee pain. He goes in detail on how to solve tightness, soreness, how to stretch, how to deal with minor injuries, and why what he is saying works. Dr. Starrett goes into detail on every part of the body that could possibly benefit from being more supple. After reading the book and tabbing out all the parts that I particularly found useful I started doing the stretches and self-myofascial release movements that applied to where I was tight. They are outstanding, but like all things you have to do it correctly, consistently, and with the right amount of intensity relative to you. Amazing book for a great price. Something like this should be selling for 80 bucks or more. Hope this helps!

Deep technical dive into joint, tendon, muscle rehab and expanding range of motion. Text covers evaluation to identify areas which need attention, provides detailed instruction to address problem areas.

This book is not fast reading, but it is valuable reading. I have felt better just implementing his suggestions for better posture, changing the way I move in daily activities, and improving my form in squatting and push-ups. I drive many miles a day, and this book is helping me mitigate the destructive effects of all that time in the car.

My wife and I are now researching our aches and pains together. The layout of the book makes it super easy for us to find the muscle groups we are looking for easily! Absolutely amazing, and should be a must read for everybody!

"Many things we do naturally become difficult only when we try to make them intellectual subjects. It

is possible to know so much about a subject that you become ignorant.--Mentat Text Two (decto)"Dr Starrett has given new life to the frequently overwrought study of human movement, especially where it concerns athletics and fitness, but not only limited to those endeavors. Really, this is a manual of rediscovering movement potentials. In this well written and extensively illustrated book you will have over two hundred exercises and diagnostics at your disposal for compressing, distracting, gapping and reorganizing the joints and loci of pain in your body. The constant mantra is "test/retest" with the emphasis being on developing your ability to self-evaluate and self-heal. Preventative measures through the use of leading indicators -recognize trouble before trouble finds you!- to correct mechanics and positioning in any and all movements will lead you to more efficient and sustainable physical well-being. This practice ranges from day to day sitting and labors thru to elite level athletics on up to extremes such as helicopter pilots and paratroopers. A worthy spectrum indeed. Being a devout martial artist I own a few other books co-authored by Glen Cordoza and they all are excellent resources, tightly edited and I have learned much from them. His and Kelly's efforts in this fine manual are gratefully accepted, they will be needed!

I bought this book after gorging on Kelly Starrett online videos. The fact is, I was doing a lot of damage to myself unknowingly due to bad form, posture and not knowing how to properly rehabilitate myself. Physiotherapy is still a great method to implement if you get injured, but it can be costly. I am a college student, so I need to be financially smart. The investment towards the knowledge attained to help prevent silly injuries was well earned. Concepts like external rotation, bracing the core and all that kind of stuff is very useful and you would be surprised how often you will start to think about it in everyday life. It also transfers well to jiu jitsu, which is what I do whenever I can, what with tight hips and back being a common injury. I highly recommend if you are human and enjoy using your body every now and then. Many other people in the physiotherapy world do not entirely agree with Mr. Starrett's philosophies on training. Don't worry, this is not the stuff they argue on. The concepts in the book are solid and focus only on rehabilitation and preventing future injuries. At least that's what I got out of it.

In short, this is a great book. Between the book and a few of Kelly Starrett's YouTube videos, I've fixed a few joint mechanics and finally stopped singing my left scapula. The book is organized and laid out in an easy to read way that makes using it a breeze. Its simple but deep.

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