



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

By Kelly Starrett, Glen Cordoza

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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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Editorial Review

About the Author

Dr. Kelly Starrett—**coach**, physiotherapist, and author of the *New York Times* bestseller *Ready to Run*—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.

Users Review

From reader reviews:

Mellisa White:

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forcing you to have an enormous of experience such as rich vocabulary, giving you test of critical thinking that could it useful in your day exercise. So , let's have it and enjoy reading.

Sean Lee:

In this era which is the greater particular person or who has ability to do something more are more precious than other. Do you want to become one of it? It is just simple solution to have that. What you have to do is just spending your time very little but quite enough to enjoy a look at some books. Among the books in the top checklist in your reading list is usually *Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance*. This book which is qualified as *The Hungry Slopes* can get you closer in turning into precious person. By looking right up and review this reserve you can get many advantages.

Colton Fierros:

That reserve can make you to feel relax. This book *Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance* was colourful and of course has pictures on there. As we know that book *Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance* has many kinds or type. Start from kids until adolescents. For example *Naruto* or *Investigator Conan* you can read and believe that you are the character on there. Therefore not at all of book are make you bored, any it offers you feel happy, fun and rest. Try to choose the best book for you personally and try to like reading this.

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