



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

Kelly Starrett, Glen Cordoza

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LEARN HOW TO HACK HUMAN MOVEMENT

Join the movement that has reached millions of athletes and coaches; learn how to perform basic maintenance on your body, unlock your human potential, live pain free...and become a Supple Leopard.

*Improve your athletic performance, extend your athletic career, treat body stiffness and achy joints, and rehabilitate injuries—all without having to seek out a coach, doctor, chiropractor, physical therapist, or masseur. In *Becoming a Supple Leopard*, 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 human movement, allowing you to live a healthy, happier, more fulfilling life.*

*Performance is what drives the human animal, but the human animal can be brought to an abrupt halt by dysfunctional movement patterns. Oftentimes, the factors that impede performance are invisible to not only the untrained eye, but also the majority of athletes and coaches. *Becoming a Supple Leopard* makes the invisible visible. In this one of a kind training manual, Starrett maps out a detailed system comprised of more than two hundred techniques and illuminates common movement errors that cause injury and rob you of speed, power, endurance, and strength. Whether you are a professional athlete, a weekend warrior, or simply someone wanting to live healthy and free from restrictions, *Becoming a Supple Leopard*, will teach you how to maintain your body and harness your genetic potential.*

Learn How to:

- prevent and rehabilitate common athletic injuries
- overhaul your movement habits
- quickly identify, diagnose, and fix inefficient movement patterns
- problem solve for pain and dysfunction in austere environments with little equipment
- fix poor mechanics that rob power, bleed force, and dump torque
- unlock reservoirs of athletic capacity you didn't know you had
- identify and fix poor movement patterns in children
- reverse the aging process
- develop strategies that restore function to your joints and tissues
- accelerate recovery after training sessions and competition
- create personalized mobility prescriptions to improve movement efficiency
- improve your quality of life through regained work capacity
- run faster, jump higher, and throw farther

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Rebecca Burks:

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Jack Evans:

Are you kind of active person, only have 10 or even 15 minute in your morning to upgrading your mind talent or thinking skill even analytical thinking? Then you are experiencing problem with the book compared to can satisfy your limited time to read it because pretty much everything time you only find guide that need more time to be go through. *Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance* can be your answer given it can be read by anyone who have those short spare time problems.

Brian Nelson:

As we know that book is significant thing to add our understanding for everything. By a guide we can know everything we wish. A book is a pair of written, printed, illustrated or blank sheet. Every year ended up being exactly added. This guide *Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance* was filled regarding science. Spend your extra time to add your knowledge about your technology competence. Some people has distinct feel when they reading some sort of book. If you know how big benefit from a book, you can really feel enjoy to read a publication. In the modern era like today, many ways to get book that you just wanted.

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Athletic Performance when you required it?

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