



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

**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:**

##### **Samuel Rascon:**

This Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book will be information inside this book incredible fresh, you will get info which is getting deeper you read a lot of information you will get. This particular Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance without we know teach the one who examining it become critical in contemplating and analyzing. Don't end up being worry Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance can bring whenever you are and not make your handbag space or bookshelves' turn out 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 fine arrangement in word and also layout, so you will not experience uninterested in reading.

##### **Arthur Lee:**

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Pain, Preventing Injury, and Optimizing Athletic Performance can be one of many great books you must have is giving you more than just simple reading through food but feed a person with information that might be will shock your preceding knowledge. This book is definitely handy, you can bring it almost everywhere and whenever your conditions at e-book and printed types. Beside that this Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance forcing you to have an enormous of experience for instance rich vocabulary, giving you trial run of critical thinking that we understand it useful in your day activity. So , let's have it and enjoy reading.

**Kevin Pinkney:**

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**Jennifer Gallant:**

This Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance is great book for you because the content and that is full of information for you who else always deal with world and have to make decision every minute. That book reveal it info accurately using great plan word or we can state no rambling sentences inside. So if you are read that hurriedly you can have whole information in it. Doesn't mean it only provides straight forward sentences but tricky core information with splendid delivering sentences. Having Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance in your hand like having the world in your arm, info in it is not ridiculous 1. We can say that no book that offer you world with ten or fifteen tiny right but this publication already do that. So , this is good reading book. Hey there Mr. and Mrs. hectic do you still doubt this?

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