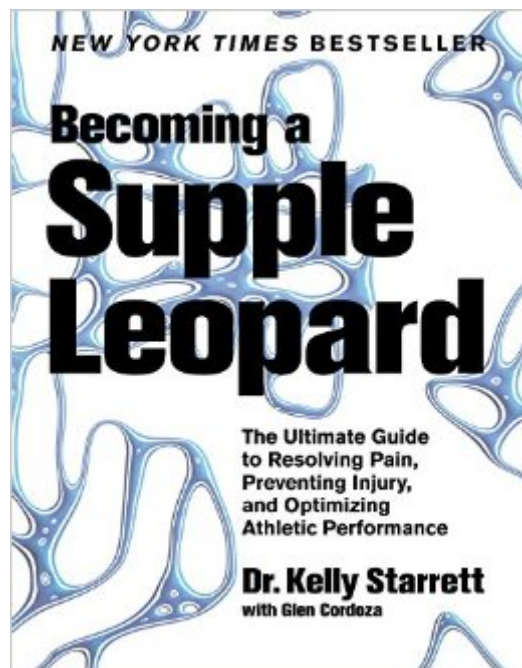


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# Becoming A Supple Leopard: The Ultimate Guide To Resolving Pain, Preventing Injury, And Optimizing Athletic Performance



## Synopsis

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](http://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

## Book Information

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## Customer Reviews

Before we start, yes, this is freaking long. I know. I originally wrote this for people at Reddit, and only made a few minor edits for . First off, a squabble with how the book was published: I ended up paying 50 euros to purchase the book and get it shipped over here, at .com, which is a US-based website. This is odd because I live in the Netherlands, so it would've made much more sense to order at .co.uk or .de, but then I would've paid 50 euros for just the book sans the shipping. This is odd and in dire need of correction. On , all you read are rave reviews of how the book will change your life and will instantly make you the healthiest human being on the planet and all that... well, I don't believe in magic bullets, and neither should you. Don't take this as me saying the book isn't good; it is and there are definitely a lot of things I've learnt from it. However, I don't think it's the be-all-end-all of fitness books. Overall, the book is well-written; very digestible writing. However, I can see that if you're new to this, you'll probably have a hard time on some parts, and will be overwhelmed by the sheer volume of information. Because there is a lot of information: there are 32 individual movements described, ranging from a basic air squat to a muscle-up and there are over a 150 pages describing specific mobility techniques. The book starts off with an introduction, which, as expected, is Kelly banging his own drum loudly for a couple pages; there is no real info there. From there on out, the book is divided up into roughly three parts: \* Introduction to/Explanation of the movement and mobility system: this explains Kelly's general rules for movement, mainly concerning spinal organisation and bracing.

I must first let you know that I am not one to review books. I wrote my first book almost 2 years ago and I understand the incredible task it is to undertake something that Kelly has done. I have read hundreds of books in my life. Going through Pre-Med and then on through Chiropractic School I was expected to read every book having to do with anatomy, physiology, neurology, and you name it. I have spent over 20 years treating patients for back, neck, shoulder, hip, elbow, wrist, knee, and ankle problems. I have attended over a hundred seminars dedicated to teaching me to better understand the dynamics of the human body and how to help my patients heal faster and

completely. I have also dedicated a large percentage of my practice to treating athletes and the injuries they suffer. Also being certified in Physiotherapy I have always tried to stay as competent as I can to help them heal from their injuries and most importantly to help prevent them. I came across Kelly's work over a year ago through his mobilityWOD.com site. I was so impressed with the dedication he showed by posting a daily video on helping others not only treat but prevent injuries. When I heard of his upcoming book I can say for the first time in a long time I was very excited for a new book to read. I pre-ordered it many months ago and continued to check for its release like a kid waiting for Christmas. I received my copy early this week and after spending about 4 days and unable to put it down, reading it at every opportunity, let me summarize my thoughts on what I can say without question is the absolute best volume of information I have ever seen compiled in one book that addresses the human body.

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