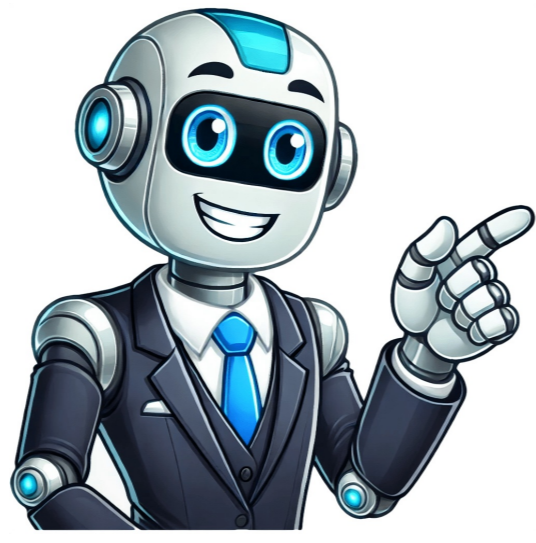


I'm not a bot



Improve your athletic performance, extend your career, alleviate stiffness and aching joints, and prevent injuries without relying on coaches, doctors, or physical therapists. In this comprehensive guide, Dr. Kelly Starrett shares his approach to human movement and maintenance, teaching you how to optimize your own mobility for a healthier lifestyle. This updated edition offers a revised blueprint for moving safely and effectively through life and sport. Want to master specific movements? Hundreds of step-by-step photos demonstrate exercises like squats, deadlifts, push-ups, kettlebell swings, and more, along with common corrections. Frustrated by range of motion restrictions? Starrett breaks down the body into 14 areas and provides hundreds of mobilization techniques to resolve limitations and reclaim mobility. Unsure how to create a personalized program? This guide offers dozens of prescriptions and a 14-day full-body mobility overhaul. By making the invisible visible, this training manual will help you harness your athletic potential, maintain your body, and live pain-free. Learn how to move safely, organize your spine and joints, restore normal function, accelerate recovery, and more. Kelly Starrett's *Becoming a Supple Leopard* has taken the fitness world by storm, with millions of athletes and coaches adopting its revolutionary approach to mobility and maintenance. This comprehensive guide empowers individuals to unlock their full human potential, achieve pain-free living, and optimize athletic performance. Unlike traditional coaching or medical interventions, this self-directed program enables readers to address common injuries, inefficient movement patterns, and poor mechanics – all without the need for external professionals. Kelly Starrett's book on foot/knee rotation is a game-changer for anyone looking to improve their mobility and prevent injuries. The author argues that external knee rotation is detrimental to one's knees, regardless of the source of the rotation. However, if the rotation comes from the hip and affects all three joints equally, it is not a cause for concern. The book is highly recommended for athletes, trainers, coaches, or individuals with physically demanding jobs, as it provides essential information on performing lifts correctly to maximize potential and prevent injuries. Starrett's approach emphasizes the importance of mobility in everyday life, using exercises like squats as models for movements we perform daily. By incorporating his 15-20 minute daily mobility routine, readers can improve their flexibility and reduce the risk of chronic pain. With over 170 pages of mobilizations, photographs, and scaled actions for different ability levels, this book is a valuable resource for anyone looking to enhance their overall mobility and well-being. It's a top pick for typos, but no index is a drawback; the content itself is great though. I wish he'd include his fundamental approaches for mobilizations in the glossary for easy reference (e.g., smash & floss, pressure wavin', paper-clipping). I bookmarked that section so I can refer to it as I absorb his vernacular and try out his MWODs. The book is packed with info, so you might want to check out his Mobility WOD videos first to get a feel for what he's all about. I love how he shares his passion for the sci-fi movie *Dune*, despite being a big athletic guy. Reading about how muscles, bones, and fascia interrelate is also fascinating. His content is smart and accessible. If you're not ready to put in some effort (2+ minute chunks!) that might be uncomfortable for meaningful change, this book might not be for you. However, there are still things you can incorporate into your daily routine.ETA: The 2nd edition is a significant improvement with an index, more content, and rearranged chapters. This nonfiction guidebook aims to help readers understand the connection between their bodies and develop effective self-maintenance strategies. If you're tired of being told that your aches or injuries will go away with just "more yoga" or "stretching," this book might be for you. Starrett's philosophy emphasizes the importance of human beings performing basic maintenance on themselves, which I can relate to. Relying solely on doctors and trainers is unsustainable in the long-term. This book is suitable for: * Athletes who have been hurt * Athletes who think they might be getting hurt * Athletes who want to prevent injuries * People who move their bodies regularly The title "Becoming a Supple Leopard" comes from a memorable scene in the movie *Gallipoli*, where Archy describes his legs as "steel springs." The phrase stuck with me, but it wasn't until my Navy SEAL friend said that leopards never stretch that this idea of becoming supple like a leopard drifted into my consciousness. Given text content here The reviewer found the book, *Supple Leopard*, to be generally helpful but with some notable flaws. The second section, which covers major muscles & joints in the body, is useful but may benefit from being read as a reference rather than back-to-back. Some minor complaints include the author's use of "bro-speak" language and the fact that much of the information can be found for free on YouTube videos. The reviewer's major complaint is the lack of anatomical illustrations in the book, which would have greatly enhanced their understanding of complex concepts such as torque in the shoulder capsule. Despite these issues, they still recommend the book to crossfitters and find it useful for addressing common problems like bad posture and back rounding. A key concept emphasized in the book is "midline stabilization," which involves maintaining a neutral back and bracing one's stomach while performing everyday movements. The reviewer appreciates the comprehensive guidance on exercises such as squats, deadlifts, and Olympic lifts, as well as the focus on daily work like rolling muscles and enhancing mobility. The last section of the book, featuring a color-coded diagram of the body with corresponding exercises to relieve pain in each region, is particularly useful and worth the cost of the book. The reviewer finds it to be an invaluable resource for protecting one's body from wear and tear throughout life. Book Review: A Mixed Bag of Fitness Advice The book offers a comprehensive approach to exercise and movement, covering topics such as principles of healthy movement, strength exercises, and mobilization. However, it also includes pseudoscientific concepts that may be difficult for non-experts to distinguish from fact. Starrett's approach emphasizes the importance of proper technique in "archetypical" movements and teaching athletes to combine movements for optimal performance. While this method has its merits, some instructions can become repetitive and monotonous. One aspect of the book that resonates is Starrett's case against traditional stretching methods, arguing that they can lead to injuries by increasing range-of-motion without addressing underlying motor-control issues. He proposes alternative methods, such as using rubber bands and other gadgets to mobilize joints and muscles. However, some readers may find Starrett's approach overly focused on injury prevention and gadget-driven solutions, which may not be the most effective way to achieve fitness goals. Additionally, the book's tone can come across as overly enthusiastic or even absurd at times, particularly when discussing unconventional techniques like using a Voodoo Floss Band. Despite these criticisms, the book does offer some valuable insights into physiology and training methods that could benefit certain individuals. Overall, it is essential to approach this book with a critical eye and separate fact from fiction to determine its usefulness as a reference. I have mixed feelings about the presentation, but I've found some valuable technical tweaks to exercises in it. The book offers genuine advice, such as viewing the spine as three parts, which helps achieve global alignment - combining lumbar, thoracic, and cervical extension for a balanced posture. This approach is useful, especially when sitting slouched; instead of overextending the thoracic spine, better is to stand up, brace, and sit down again. In conclusion, this book is beneficial for athletes and coaches, despite my initial reservations about its overall approach. I would still recommend it. I'm a Crossfit enthusiast who works out regularly in the gym, focusing on weightlifting, Olympic Weightlifting, and CrossFit. My coach recommended this book early on in my journey, which I greatly appreciate. Kelly Starlett's book has been instrumental in my ability to stay injury-free, largely due to its emphasis on warming up, stretching, and mobility. The two minor injuries I experienced were largely caused by technical errors, and the book has helped me address issues with my lats and front rack position. The book is well-organized, divided into sections for each body area, making it easy to navigate. I suggest reading the entire book initially to get a comprehensive understanding before referencing specific sections as needed. The supplemental pictures support the concepts presented in the text. After reading this book, I've gained knowledge on how to pay closer attention to my body and address any issues that arise. However, I wish to give this book 4.5 stars instead of 5, mainly because it has a few drawbacks. Firstly, Kelly Starlett's website is now only accessible with a fee, which feels like a commercialization. Additionally, I believe the book could have been longer and more comprehensive, as some content from his WODs website was not included. Lastly, there is no test-retest method in this book, which I find limiting, especially for beginners who may not be familiar with certain mobilizations. Despite these minor issues, this book remains a valuable resource for athletes and coaches, and I would still highly recommend it. Body awareness is crucial for optimal performance, and it must be incorporated into daily life. For me, a key work in understanding body mechanics and proper training was reading this book, which compares favorably with Marie Kondo's *Magic of Tidying and Essentialism*. I've gained a deeper comprehension of how to train effectively and handle loaded movements while maintaining alignment, grace, and power. I will be incorporating several concepts into my exercise routines over the coming years, including: focusing on the default position of an organized spine and neutral jaw, emphasizing motor control (technique) and range of motion, and using a variety of mobilization techniques to improve stability. I'm excited to apply these principles in contexts such as slacklining, dance, running, golf, and new sports like swimming. This book has significantly changed my perspective on movement, providing invaluable insights into the human body's functionality. It helped me understand that hypermobility was contributing to chronic lower back and hip pain, and I've implemented the "two hand rule" in checking for excessive spinal extension to prevent injuries. The book has also made me more self-aware of my body needs, enabling me to intervene effectively without relying on a physiotherapist. This book has been a game-changer in helping me approach my daily movements with more awareness and intention. The author provides actionable tips and techniques that can be applied to various aspects of life, from sitting and standing to athletic performance. One key takeaway is the importance of incorporating regular mobility exercises into our daily routines, such as using rollers or lacrosse balls to release tension in problem areas. The comprehensive glossary of mobilizations included in the book is particularly useful for identifying and addressing specific issues, whether it's back pain or mobility limitations. By systematically working through these techniques, I've gained a deeper understanding of movement archetypes and how they can be applied to achieve specific goals. While some readers may find certain aspects of the book more ideology than fact, given our still-evolving understanding of movement and mobility, the overall message is clear: investing in our ability to move efficiently and effectively has a direct impact on both physical comfort and quality of life. By incorporating these principles into our daily habits, we can set ourselves up for long-term success and well-being. The book has some useful information, but it feels limited due to the lack of equipment at home, such as boxes and barbells. The second half of the book is questionable, with minimal references and contradictory statements. For example, one trainer suggests turning feet out at 30 degrees while squatting, contrary to the book's instruction to keep them straight. The pictures also contradict the cues, and there's no mention of modifications for those who aren't physiologically perfect. This could lead to injuries. The premise has potential, but it seems like another CrossFit book for professional athletes. Some readers love Kelly Starrett and were excited about the book, but found that it deals more with CrossFit movements like lifting and rowing, which they can learn from their coaches or other books. They wanted a book focused on mobility exercises to address specific issues like shoulder mobility. The last third of the book is devoted to this, but an index would be helpful to navigate the content. Others find the book to be a valuable systemization of Kelly Starrett's material from MobilityWOD.com, covering his axioms of human movement and providing techniques to address mobility issues. The book offers more than just stretching exercises, treating the body as a complete system and providing a manual for basic maintenance. Some readers have found the techniques to be life-changing, allowing them to walk without pain and squat with good form. However, not everyone is impressed, viewing the book as part of a new marketing trend in sports rehab and pre-hab. As a marathoner with seven marathons under their belt, they are skeptical of the benefits of this type of "fitness" and have seen no measurable benefits from it. The author maintains a consistent warm-up routine prior to workouts, involving light jogging and dynamic stretching for 10-15 minutes. This approach has yielded remarkable results over the past decade, with no injuries or health issues reported. If additional physical rehab is required, they consult with a qualified sports doctor or therapist. The author emphasizes the importance of understanding human movement principles, which are outlined in "Becoming a Supple Leopard" by Dr. Kelly Starrett. This book provides a comprehensive guide to mobility and movement maintenance, covering topics such as exercise techniques, mobilization methods, and injury prevention. It offers step-by-step instructions for various exercises and movement patterns, as well as strategies for identifying and correcting inefficient movements. Addressing issues like shoulder pain and tennis elbow requires a proactive approach to prevent and rehabilitate common athletic injuries. This involves utilizing mobilization techniques to alleviate restrictions in muscles, soft tissue, and joint capsules, as well as addressing motor control problems and limitations in joint range of motion. By providing personalized mobility prescriptions, individuals can optimize their movement efficiency and achieve greater overall performance. (Rewritten text using "WRITE AS A NON-NATIVE ENGLISH SPEAKER (NNES) -30% probability)

Supple leopard review. Other books by the author of becoming a supple leopard. Becoming a supple leopard book review. Books like becoming a supple leopard. Supple leopard book pdf. Supple leopard book club. Supple as a leopard. Supple like a leopard book. Becoming a supple leopard summary. Supple leopard pdf. Supple leopard book reddit.