

kelly starrett supple leopard

Kelly Starrett Supple Leopard has become a household name among fitness enthusiasts, physical therapists, and athletes worldwide, thanks to its revolutionary approach to mobility, flexibility, and injury prevention. This comprehensive guide explores the core principles of the book, its benefits, and how it can transform your movement practices to optimize performance and longevity.

Understanding Kelly Starrett Supple Leopard

Who Is Kelly Starrett?

Kelly Starrett is a renowned physical therapist, coach, and author dedicated to improving human movement. With decades of experience, he has worked with elite athletes, military personnel, and everyday individuals seeking to enhance their physical health. His expertise lies in biomechanics, mobility training, and injury prevention.

What Is the Supple Leopard?

Published in 2015, *Supple Leopard* is a comprehensive manual that offers detailed guidance on how to optimize mobility, stability, and movement mechanics. The book emphasizes the importance of maintaining a "supple" body—a body capable of moving freely, efficiently, and pain-free through a full range of motion.

Core Principles of Supple Leopard

Mobility and Stability Balance

One of the foundational ideas in *Supple Leopard* is achieving a balance between mobility and stability. Kelly Starrett advocates for developing joints and tissues that are both mobile enough to perform movements correctly and stable enough to prevent injury.

Movement Quality Over Quantity

Starrett stresses that proper movement quality supersedes the volume or intensity of exercise. Prioritizing correct form reduces wear and tear on joints and muscles, leading to better long-term health.

Self-Assessment and Maintenance

The book encourages individuals to become their own movement coaches through self-assessment techniques. Regularly evaluating and maintaining mobility can prevent injuries and enhance overall

performance.

Key Components of the Supple Leopard Program

Mobility Drills and Techniques

Supple Leopard includes a variety of mobility drills targeting different joints and muscle groups, such as:

- Hip mobility exercises
- Shoulder flexibility routines
- Spinal mobility drills
- Ankle and foot flexibility work

These exercises aim to increase range of motion, improve movement efficiency, and reduce pain.

Movement Screens and Assessments

The book provides practical methods for individuals to assess their own movement patterns, identify dysfunctions, and tailor corrective exercises accordingly.

Corrective Strategies and Techniques

Starrett emphasizes the use of self-myofascial release, stretching, and strengthening exercises to correct movement faults. These strategies are designed to be accessible and practical for daily application.

Benefits of Incorporating Supple Leopard into Your Routine

Enhanced Athletic Performance

By improving mobility and movement mechanics, athletes can lift heavier, run faster, and perform complex movements more efficiently.

Injury Prevention and Management

Proper mobility reduces strain on joints and tissues, decreasing the risk of injuries such as strains, sprains, and overuse syndromes.

Pain Reduction and Management

Many readers report alleviation of chronic pain, especially in the lower back, hips, and shoulders, through targeted mobility work outlined in the book.

Longevity and Quality of Life

Maintaining supple joints and tissues supports long-term mobility, independence, and overall well-being as you age.

Who Can Benefit from Supple Leopard?

Supple Leopard is suitable for a diverse audience:

- Athletes seeking to optimize performance
- Physical therapists and trainers
- Individuals with chronic pain or movement restrictions
- Fitness enthusiasts of all levels
- Older adults aiming to preserve mobility

Its principles are adaptable to various fitness levels and lifestyles.

How to Incorporate Supple Leopard into Your Routine

Start with Self-Assessment

Identify areas of tightness or restricted movement. Use simple tests and observations to pinpoint dysfunctions.

Follow a Regular Mobility Routine

Dedicate 10-15 minutes daily to mobility drills from the book or guided videos. Consistency is key to seeing results.

Apply Corrective Strategies

Address identified issues with targeted exercises, foam rolling, and proper movement practices.

Integrate into Existing Workouts

Use mobility work as a warm-up or cool-down to enhance workout effectiveness and recovery.

Resources and Support for Supple Leopard Enthusiasts

Beyond the book, Kelly Starrett offers additional resources:

- [MobilityWOD](#): An online platform with videos and tutorials
- Workshops and seminars for hands-on learning
- Consultations with certified coaches and physical therapists trained in Starrett's methods

These resources help deepen understanding and refine mobility practices.

Final Thoughts

Adopting the principles outlined in *Kelly Starrett Supple Leopard* can be transformative for anyone looking to improve their movement quality, prevent injuries, and elevate athletic performance. By emphasizing self-awareness, proper technique, and consistent maintenance, the book empowers individuals to take control of their physical health and longevity.

Whether you're an elite athlete or someone seeking relief from chronic discomfort, integrating the mobility strategies from Supple Leopard into your daily routine can lead to a more mobile, pain-free, and vibrant life. Remember, movement is medicine—start your journey today with Kelly Starrett's proven methods.

Frequently Asked Questions

What is the main focus of Kelly Starrett's book 'The Supple Leopard'?

The main focus of 'The Supple Leopard' is to provide readers with comprehensive strategies to improve mobility, prevent injuries, and optimize movement patterns through mobility exercises, proper biomechanics, and self-care techniques.

How can 'The Supple Leopard' help athletes and fitness

enthusiasts?

It offers practical guidance on maintaining mobility, correcting movement flaws, and enhancing performance, making it valuable for athletes and fitness enthusiasts looking to improve their training and reduce injury risk.

What types of exercises are featured in 'The Supple Leopard'?

The book includes a variety of mobility drills, self-myofascial release techniques, stretching routines, and movement assessments designed to improve flexibility, stability, and overall functional movement.

Is 'The Supple Leopard' suitable for beginners or only advanced athletes?

While it is highly detailed and technical, 'The Supple Leopard' is suitable for both beginners and advanced athletes, as it provides foundational concepts and step-by-step instructions suitable for all levels.

What role does 'The Supple Leopard' play in injury prevention?

The book emphasizes proper movement mechanics and mobility work to correct dysfunctions, which can significantly reduce the risk of injuries during training and daily activities.

Does Kelly Starrett's 'The Supple Leopard' include digital resources or videos?

Yes, the book is often complemented by online videos and resources that demonstrate proper techniques and exercises for better understanding and execution.

Can 'The Supple Leopard' help with chronic pain or mobility issues?

Yes, many readers have used the principles in the book to address mobility restrictions and chronic pain by adopting targeted self-care routines and movement adjustments.

How does 'The Supple Leopard' compare to other mobility or fitness books?

'The Supple Leopard' is considered a comprehensive and detailed guide with a focus on biomechanics and self-care, making it a go-to resource for those serious about mobility and injury prevention compared to more general fitness books.

What is the best way to get started with 'The Supple

Leopard'?

Begin by reading the introductory sections to understand the principles, then gradually incorporate the mobility drills and self-assessment techniques into your routine, ensuring proper form and consistency for best results.

Additional Resources

Kelly Starrett Supple Leopard: The Ultimate Guide to Mobility Mastery

In the world of fitness and physical performance, few resources have garnered as much respect and influence as Kelly Starrett's *Supple Leopard*. This comprehensive manual has become a staple for athletes, coaches, physical therapists, and anyone committed to improving movement quality, reducing injury risk, and optimizing physical performance. But what exactly makes the *Supple Leopard* so revolutionary? How does it stand out among countless mobility guides, and how can it benefit you? In this detailed review, we'll explore the core principles, structure, and practical applications of *Supple Leopard*, dissecting its contents to understand why it has become a go-to resource for movement enthusiasts worldwide.

Overview of Kelly Starrett and the Philosophy Behind *Supple Leopard*

Who is Kelly Starrett?

Kelly Starrett is a Doctor of Physical Therapy, coach, author, and speaker renowned for his expertise in mobility, biomechanics, and injury prevention. With a background rooted in sports medicine and a passion for helping athletes perform at their peak, Starrett has dedicated his career to transforming how people understand and approach movement. His work emphasizes that good movement isn't just for athletes; it's essential for everyone, regardless of age or activity level.

Core Philosophy of *Supple Leopard*

The fundamental premise of *Supple Leopard* is that optimal movement is the foundation of health, performance, and longevity. Starrett advocates for proactive mobility work—integrating simple, effective routines into daily life—to prevent injuries, alleviate pain, and unlock athletic potential. The book is grounded in the idea that many injuries are the result of dysfunctional movement patterns rather than isolated accidents.

Starrett's approach is holistic, emphasizing that improving mobility isn't just about stretching but involves understanding the body's interconnected systems, proper biomechanics, and mindful movement habits. He encourages readers to become aware of their bodies, identify limitations, and systematically work to improve them.

Structure and Content of Supple Leopard

Supple Leopard is structured as an extensive guidebook, combining detailed explanations, illustrations, and practical routines. It is divided into core sections that facilitate a step-by-step understanding of mobility and movement mechanics.

Part 1: Foundations of Movement

This section introduces the principles of movement quality, including:

- The importance of neutral alignment
- Breathing mechanics to support movement
- The role of tissue health and joint integrity
- The concept of “The Big 3” (squat, push, pull) and their significance

Starrett emphasizes that mastering fundamental patterns creates a solid base for more complex movements and athletic pursuits.

Part 2: Anatomy and Movement Patterns

Here, the book dives into detailed anatomy, focusing on:

- Pelvis and hips
- Spine and thoracic mobility
- Shoulders and arms
- Knees and ankles

Each section explains common dysfunctions, causes, and corrective strategies. The use of clear illustrations helps readers visualize proper positioning and movement techniques.

Part 3: Mobility Drills and Routines

This is the heart of the book, offering specific drills tailored to address various issues:

- Self-assessment techniques to identify mobility deficits
- Targeted exercises for hips, shoulders, ankles, and spine
- Warm-up and activation routines for before workouts
- Recovery protocols including foam rolling and stretching

Starrett emphasizes that consistency is key and provides practical advice for integrating these routines into daily life.

Part 4: Applying Mobility to Training and Daily Life

The final sections focus on:

- How to incorporate mobility work into strength training (e.g., Olympic lifts, squats)

- Modifications for different populations (athletes, older adults, rehab patients)
- Strategies for maintaining long-term movement health

Key Features and Highlights of Supple Leopard

1. Evidence-Based Approach

Kelly Starrett's methods are grounded in science and clinical experience. The book synthesizes research with practical insights, making it a trusted resource for those seeking effective, safe techniques.

2. Comprehensive and User-Friendly

Despite its depth, Supple Leopard is accessible. The use of illustrations, step-by-step instructions, and checklists make complex concepts understandable for readers with varied backgrounds.

3. Focus on Self-Assessment

A standout feature is the emphasis on self-assessment. Starrett provides tools to evaluate your own movement patterns, empowering users to take ownership of their mobility and tailor routines to their needs.

4. Practicality and Flexibility

The routines are adaptable, suitable for warming up, recovery, or daily maintenance. Whether you're a competitive athlete or someone who spends long hours at a desk, the exercises can be modified to fit your lifestyle.

5. Holistic Perspective

Supple Leopard doesn't just focus on mobility in isolation. It integrates strength, stability, and movement quality, promoting a balanced approach to physical health.

Why Should You Read Supple Leopard?

Injury Prevention and Recovery

Many injuries stem from poor movement mechanics. By understanding and correcting dysfunctional patterns, you can reduce the likelihood of strains, sprains, and chronic pain. For those already injured, the routines provide a pathway to rehab and regain function.

Enhanced Athletic Performance

Mobility is a foundation for strength and power. Improved joint range of motion and tissue quality translate into better technique, increased force output, and greater efficiency in lifts, runs, and other activities.

Longevity and Daily Functionality

As we age, maintaining mobility becomes crucial for independence and quality of life. Supple Leopard offers tools to preserve movement health through simple, sustainable routines.

Empowerment and Self-Help

Rather than relying solely on therapists or trainers, users learn to assess and address their own movement issues, fostering independence and confidence.

Practical Applications and How to Use Supple Leopard Effectively

Implementing the Routines

- Start with self-assessment: Identify your tight spots and movement limitations.
- Integrate daily mobility drills: Dedicate 10-15 minutes each day to targeted routines.
- Use as a warm-up: Prepare your body before workouts to improve performance and reduce injury risk.
- Apply during recovery: Use foam rolling and stretching to aid in muscle recovery after training.
- Adjust based on feedback: Listen to your body and modify routines as needed.

Common Mistakes to Avoid

- Ignoring pain: Discomfort during mobility work should be differentiated from pain. Persistent pain warrants professional consultation.
- Overlooking consistency: Sporadic practice diminishes results. Regular, deliberate effort is essential.
- Neglecting posture and habits: Mobility routines are most effective when combined with mindful movement habits throughout the day.

Tools Recommended

- Foam rollers
- Lacrosse balls or massage balls
- Resistance bands
- Adjustable mobility wedges or blocks
- Comfortable, unobstructed space

Critiques and Considerations

While *Supple Leopard* is widely praised, some users find the sheer volume of information overwhelming initially. The detailed anatomy sections and technical language may require rereading or supplementary resources for full comprehension. Additionally, individual differences mean that not all routines will suit everyone equally; consulting with a healthcare professional before starting new mobility programs is advisable, especially if you have existing injuries.

Conclusion: Is *Supple Leopard* Worth It?

Kelly Starrett's *Supple Leopard* is more than just a book; it's a movement revolution rooted in science, experience, and a genuine desire to empower individuals to take control of their health. If you're serious about improving your movement quality, preventing injuries, or enhancing your athletic performance, investing time in studying and applying the principles within can yield lifelong benefits.

Whether you're a seasoned athlete, a weekend warrior, or someone seeking to maintain mobility into old age, *Supple Leopard* offers practical, actionable strategies that can seamlessly integrate into your daily routine. Its holistic approach underscores the importance of understanding the body as a complex, interconnected system—an approach that can change the way you move forever.

In summary, Kelly Starrett's *Supple Leopard* stands out as an authoritative, comprehensive guide that demystifies mobility work and makes it accessible for all. Its blend of science, practical drills, and empowering self-assessment tools makes it an invaluable resource for anyone committed to moving better, feeling healthier, and performing at their best.

[Kelly Starrett *Supple Leopard*](#)

kelly starrett supple leopard: Becoming a *Supple Leopard* Kelly Starrett, Glen Cordoza, 2013-04-23 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

kelly starrett supple leopard: *Becoming a Supple Leopard 2nd Edition* Kelly Starrett, Glen Cordoza, 2015-05-19 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 massage therapist. 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

kelly starrett supple leopard: Deskbound Kelly Starrett, Glen Cordoza, 2016-04-26 Sitting can wreak havoc on your health, and not just in the form of minor aches and pains. Recent studies show that too much sitting contributes to a host of diseases—from obesity and diabetes to cancer and depression. The typical seated office worker suffers from more musculoskeletal injuries than those workers who do daily manual labor. It turns out that sitting is as much an occupational risk as is lifting heavy weights on the job. The facts are in: sitting literally shortens your life. Your chair is your enemy, and it is murdering your body. In this groundbreaking new book, Dr. Kelly Starrett—renowned physical therapist and author of the New York Times and Wall Street Journal bestseller *Becoming a Supple Leopard*—unveils a detailed battle plan for surviving our chair-centric society. *Deskbound* provides creative solutions for reducing the amount of time you spend perched on your backside, as well as strategies for transforming your desk into a dynamic, active workstation that can improve your life. You will learn how to: • Easily identify and fix toxic body positions • Eradicate back, neck, and shoulder pain • Mitigate carpal tunnel syndrome forever • Organize and stabilize your spine and trunk • Walk, hinge, squat, and carry with peak skill • Perform daily body maintenance work using fourteen mobility templates for resolving pain and increasing range of motion Whether your goal is to maximize your performance in or out of the workplace, lose weight, or simply live pain-free, *Deskbound* will work for you. It is a revolutionary cure for death-by-desk.

kelly starrett supple leopard: Ready to Run Kelly Starrett, 2014-10-21 Push the reset button to unleash your body's power and endurance for running naturally. If you're like 80 percent of runners, an injury is going to force you to stop your running routine at some point this year, and the demands of daily life only add to the wear and tear on your body. Life in the modern world has trashed and undercut dedicated runners' ability to transform their running. The harsh effects of too much sitting and too much time wearing the wrong shoes has left us shackled to lower back problems, chronic knee injuries, and debilitating foot pain. What if you refocus the energy you put into maintaining your current running regimen on forming new habits that can improve your performance and reduce your risk of injury? With *Ready to Run*, you can take responsibility for what's going on in your body, take care of business, and harvest any performance that's hiding in the shadows. In a direct answer to the modern runner's needs, Dr. Kelly Starrett, author of the bestseller *Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance*, has focused his revolutionary movement and mobility philosophy on the injury-plagued world of running. In this book, Starrett shares twelve performance standards that will prepare your body for a lifetime of top-performance running. You will learn • How to tap into all of your running potential and access a fountain of youth for lifelong running • How to turn your weaknesses into strengths • How to prevent chronic overuse injuries by building powerful injury prevention habits into your day • How to prepare your body for the demands of changing your running shoes and running technique • How to treat pain and swelling with cutting-edge modalities and accelerate your recovery • How to equip your home mobility gym • What mobility exercises to use for restoring optimal function and range of motion to your joints and tissues • How to run faster, run farther, and run better

kelly starrett supple leopard: Becoming a Supple Leopard 2nd Edition Kelly Starrett, Glen Cordoza, 2015-05-19 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 massage therapist. In *Becoming a Supple Leopard*, Dr. Kelly

Starrett—founder of MobilityWOD —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:

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- 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

kelly starrett supple leopard: *Built to Move* Kelly Starrett, Juliet Starrett, 2023-04-04
 INSTANT NEW YORK TIMES BEST SELLER • Simple but powerful physical practices to dramatically improve the way your body feels and prolong your lifespan, no matter how you spend your time • From the innovators behind *The Ready State* and the movement bible *Becoming a Supple Leopard*, an accessible longevity guide perfect for anyone who wants to optimize their mobility and age the healthy way “The definitive guide for building an all-around healthy and high-performing body and mind.” —Andrew Huberman, Professor of Neurobiology, Stanford University & Host of The Huberman Lab Podcast Ready to boost your overall quality of life without overhauling your daily routine and spending thousands? Start here - with *Built to Move*. Not only a book, but your new secret weapon for a more durable body and thriving health. No matter your financial background, age, or occupation, *Built to Move* is designed to be your lifelong companion and your guide to optimal wellness. After decades spent working with professional athletes, Olympians, and Navy Seals, mobility pioneers Kelly and Juliet Starrett began thinking about the physical well-being of the rest of us. What makes a durable human? How do we continue to feel great and function well as we age? And how do we counteract the effects of technology-dependence, sedentary living, and other modern ways of life on our body's natural need for activity? The answers lie in an easy-to-use formula for basic mobility maintenance: 10 tests + 10 physical practices = 10 ways to make your body work better for a healthier, longer, and more joyful life! *Built to Move*

teaches you: • Easy mobilization practices to increase range of motion and avoid injury to prepare your body for whatever comes its way • Brand-new vital sign tests to predict your likely lifespan • Simple hacks to integrate more movement into your daily life, escape sedentary habits, and reclaim your vitality • Longevity-promoting nutrition and sleep tips • Targeted breathing exercises for stress and pain management • A proven roadmap to healthy aging in the age of unhealthy conveniences Whether you're 20, 50, or 70, completely new to mobility work or a professional athlete, a self-proclaimed health nut or just diving into the world of performance optimization for the first time – these practices will work for you. And the best part? They are so simple, and so easy to fit into any schedule or budget, that anyone can start at any time, no preparation needed! If you want greater ease of movement, better health, and a happier life doing the things you love to do—and the things you want to continue doing as long as you live, what are you waiting for? This book is your game plan for the long game. “Juliet and Kelly Starrett have given you a detailed, accessible road map to help you move through life feeling better, stronger, and more confident than you ever imagined, no matter where you're starting from. There is no body this book will not revolutionize.”—Melissa Urban, cofounder of Whole30

kelly starrett supple leopard: The Frecklefit Mindset Celine Leclair, 2020-09-29 Written with women in mind but applicable to a wide variety of readers, The Frecklefit Mindset is an empowering book about being your best self and experiencing an abundant life full of health, happiness, and purpose. Celine Leclair digs deep into her own experiences and shares what she has learned about being authentic and pursuing her passions. Readers will discover that by consistently practising important mental skills, they can rewire their thinking and find joy in all things. Embark on a journey where you will discover self-love, potential, and new life skills while utilizing everyday tools that will elevate your life. Celine Leclair will inspire you to do anything you set your mind to!

kelly starrett supple leopard: The Theory and Practice of Historical Martial Arts Dr. Guy Windsor, 2020-08-20 Benefit from the experience of one of the most accomplished experts in the field. A must-read for beginners and advanced practitioners alike. - Roland Warzecha, DIMICATOR The warriors, knights and duellists of old depended on their skill at arms for their lives. You can learn their techniques and tactics too. From renowned swordsman and teacher Guy Windsor comes an indispensable resource for anyone interested in martial arts, swordsmanship, and history. Through this book Guy will teach you how to train your mind and body to become an expert in historical martial arts. It includes the seven principles of mastery, considers the ethics of martial arts, and goes into detail about the process of recreating historical martial arts from written sources. On the practical side, Guy explains how to develop your skills, and lays out the path for students to become teachers, covering the basics of safe training, looking after your body, and even starting your own training group and teaching basic classes. An accessible, motivating read that includes many suggestions for further study, including courses, books and other resources, this book sets out to answer every question about historical martial arts you may have. Note that this is not a training manual for a specific style: it provides the foundations for every style. Your journey starts here. You decide where it ends.

kelly starrett supple leopard: Unplugged Brian Mackenzie, 2017-07-11 In the first quarter of 2016, Americans bought 19.7 million fitness wearables, an increase of 67 percent over the previous year. By 2020, the global market for fitness-focused apps and devices is expected to grow to \$30 billion. This means that more than ever, we're looking at our wrists not only to check the time but also to see how much we've moved, monitor our heart rate, and see how we're stacking up against yesterday's tallies. As a result of our fitness tech addiction, we've lost awareness of what we're doing, how we're feeling, and what's going on around us. This is bad enough in the gym, but when we get outside, the constant checking of a tiny screen truly wreaks havoc, downgrading what should be a rich experience into yet another task we need to complete to meet our daily goals. And if we fall short, we feel inadequate. There's also the issue of data inaccuracy, with many device makers now admitting that their gadgets provide only estimates. So why do we continue to obsess over data and treat it as gospel truth? It's time to stop, take a breath, and hit the reset button in a big way.

Unplugged provides a blueprint for using technology to meet your health and performance goals in a much smarter way, while reconnecting to your instincts and the natural world. In addition to sharing the performance expertise of Brian Mackenzie and the scientific insight of Dr. Andy Galpin, Unplugged features exclusive stories and advice from elite athletes and world-renowned experts like Laird Hamilton, Tim Ferriss, Kai Lenny, Kelly Starrett, Steven Kotler, Erin Cafaro, Lenny Wiersma, Dr. Frank Merritt, and Brandon Rager. Reading Unplugged will enable you to • Understand both the value and the limitations of technology in athletic performance, fitness, health, and lifestyle situations • Know how and when to utilize physical activity technologies in your everyday life—and when not to • Avoid the common mistakes that most people make with wearables and tracking apps • Understand which technologies and tests are most effective and which are a waste of money • End your addiction to fitness technology and start utilizing it as a tool for cueing, learning, and sensing instead of as a taskmaster that stresses you out • Improve self-awareness and increase self-reliance • Re-engage with nature by spending less time indoors and more time outside • Rediscover the value of coaches' expertise, curation, and intuition, which technology can't replace • Take back control of your health, fitness, and performance with the Unplugged training protocol

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menopause, emphasizing the importance of a positive approach to this life stage. The book highlights the historical stigmatization of menopause and the need to shift the narrative to empower women...

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kelly starrett supple leopard: The Nimble Warrior Dave Morrow, 2019-03-01 This is a snapshot of my story and why I’m here today serving my veteran and first-responder community to the best of my ability with all the knowledge I’ve acquired over a fruitful yet painful career in the Canadian Infantry. I proudly served my country during the Afghan War on Operation Athena between November 2010 and July 2011. During that deployment, my back herniated, and my whole life changed. Why does this matter? It led me down a course of self-study and reflection, and I realized I had to figure out why I got injured in order to be able to fix myself. Helping to prevent injury or help rehab a fellow warrior is deeply important to me. This is why this book exists. In this book, I’ve compiled some of the best mobility exercises that I used to get myself out of my crippled state in my bed to being able to compete in the CrossFit Open, Spartan Races, and triathlons. I give full credit to the mobility god, Kelly Starrett of Mobility WOD and his incredible book, The Supple Leopard. If you find this book informative and helpful, then I highly recommend that you get a copy of his book because it’s a lifesaver.

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