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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.

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Leopards don't have to work at being supple; they naturally are. But people are brutally tight and missing key ranges of motion that pre-vent them from moving as supplely and power-fully as a leopard. Metaphorically speaking, if you want to become a supple leopard, you need to understand how to move correctly in all situations.

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Kelly Starrett, Glen Cordoza, "Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance" English | 2015 | ISBN: 1628600837 | EPUB | pages: 480 | 41.3 mb

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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 havin

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