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Becoming a Supple Leopard is Kelly Starrett book on optimizing athletic performance and healthier living.

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The Supple Leopard | MobilityWOD | Optimize Performance

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How to be a supple leopard is all about becoming a fully functional human being with as few limitations as possible. Kelly has designed an instruction book that walks you thru his process but at the same time, if you are curious or are having issues at the moment, you can skip ahead and work on the problem right away.

How to Be a Supple Leopard

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Becoming a Supple Leopard: The Ultimate Guide to Resolving

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Becoming a Supple Leopard: 2nd Edition. MobilityWOD founder Dr. Kelly Starrett helped launch an international movement with his New York Times bestselling book Becoming a Supple Leopard. With the second edition, he builds upon the lessons and techniques from that groundbreaking training manual with 80 pages of new, expanded content—largely pulled from his continuing work with many of the ...

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