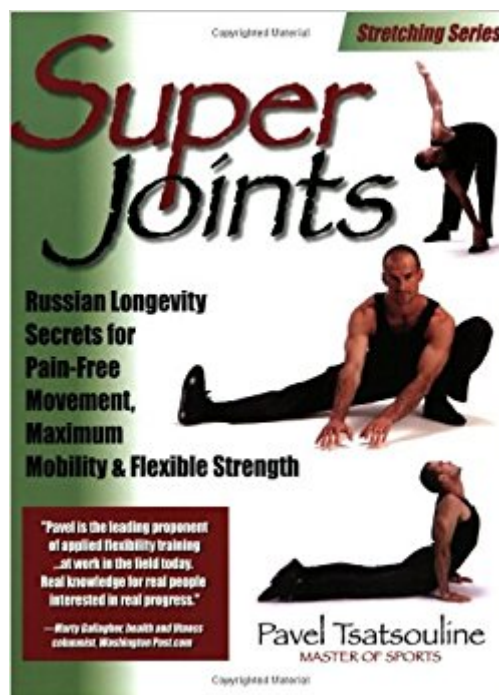




The book was found

Super Joints: Russian Longevity Secrets For Pain-Free Movement, Maximum Mobility & Flexible Strength



Synopsis

The Do-It-Now, Fast-Start, Get-Up-and-Go, Jump-into-Action Bible for High Performance and Longer Life You have a choice in life. You can sputter and stumble and creak your way along in a process of painful, slow decline-or you can take charge of your health and become a human dynamo. And there is no better way to insure a long, pain-free life than performing the right daily combination of joint mobility and strength-flexibility exercises. In Super Joints, Russian fitness expert Pavel Tsatsouline shows you exactly how to quickly achieve and maintain peak joint health-and then use it to improve every aspect of your physical performance. Only the foolish would deliberately ignore the life-saving and life-enhancing advice Pavel offers in Super Joints. Why would anyone willingly subject themselves to a life of increasing pain, degeneration and decrepitude? But for an athlete, a dancer, a martial artist or any serious performer, Super Joints could spell the difference between greatness and mediocrity. Discover: The twenty-eight most valuable drills for youthful joints and a stronger stretch. How to save your joints and prevent or reduce arthritis. The one-stop care-shop for your inner Tin Man-how to give your nervous system a tune up, your joints a lube-job and your energy a recharge. What it takes to go from cruise control to full throttle: The One Thousand Moves Morning Recharge-Amosov's bigger bang calisthenics complex for achieving heaven-on-earth in 25 minutes. How to make your body feel better than you can remember-active flexibility for sporting prowess and fewer injuries. The amazing Pink Panther technique that may add a couple of feet to your stretch the first time you do it.

Book Information

Paperback: 120 pages

Publisher: Dragon Door Pubn; 1 edition (October 2001)

Language: English

ISBN-10: 0938045369

ISBN-13: 978-0938045366

Product Dimensions: 0.5 x 8.2 x 10.5 inches

Shipping Weight: 8 ounces

Average Customer Review: 4.2 out of 5 stars 67 customer reviews

Best Sellers Rank: #164,102 in Books (See Top 100 in Books) #41 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #193 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

Customer Reviews

Pavel Tsatsouline, is a former Soviet Special Forces physical training instructor, who helped Dragon Door Publications initiate the modern kettlebell movement.

Informative. Not amazing but worth reading.

This guy is reeeeeeaaly good at teaching us how to be limber!

Loved this book. Have been doing the mobility routine from the book for about 2 months and I no longer have any elbow issues from pull-ups and my deep squat is better than ever

If your clients can do these exercises, they won't need this book in the first place.

Outstanding! I bought the kindle version, just what I was looking for. It is in color and there were no advertisements! I have been doing the exercises every day, they work really well and are easy to do.

I started following these routines in the morning. They are a great way to wake up your joints and nervous system. I'm almost 50 years old. The snap, crackle and pop of my body each morning is greatly reduced. Thank you, Pavel!

Book was good and full of great joint information I bought two copies. One for home and one for the Gym !

Insegna ad essere più flessibili

[Download to continue reading...](#)

Super Joints: Russian Longevity Secrets for Pain-Free Movement, Maximum Mobility & Flexible Strength Super Joints: Russian Longevity Secrets for Pain-Free Movement, I Love My Dad (Russian kids books, English Russian book): Russian childrens books, bilingual russian books, russian books for kids (English Russian Bilingual Collection) (Russian Edition) Russian picture books: Learn Russian (Counting book 1-20): Children's English-Russian Picture book (Bilingual Edition) Russian Learning. Russian books for children (Russian Edition), Russian Bilingual learn animals in russian, Russian Children's Picture Book (English Russian Bilingual Books): russian for children ; Russian Children Books ; Russian Books for toddlers ; russian kids books I Love My Mom (English Russian Bilingual books, russian childrens books): russian kids books, english russian children's books

(English Russian Bilingual Collection) (Russian Edition) Children's Russian book: Counting Fun: Russian kids book. Russian books for kids. Children's Picture Book English-Russian (Bilingual Edition), Russian ... Picture books) (Volume 2) (Russian Edition) I Love to Eat Fruits and Vegetables (english russian children's books, bilingual russian books): russian bilingual books, russian kids books, russian ... Bilingual Collection) (Russian Edition) I Love to Share (russian kids books, bilingual russian english): russian childrens books, kids books in russian (Russian English Bilingual Collection) (Russian Edition) I Love my Mom (Bilingual Russian English, Russian childrens books): russian kids books, bilingual russian books, ESL for kids (Russian English Bilingual Collection) (Russian Edition) I Love My Dad (russian kids books, russian bilingual): Childrens Russian books, russian for kids, detskie knigi (Russian English Bilingual Collection) (Russian Edition) Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) Children's books in Russian: Peekaboo baby. Æ'Æ' - Æ'Æ', Æ' Æ' Æ'»Æ' Æ'Æ': Russian kids book, Children's Picture Book English-Russian (Bilingual Edition), Russian English ... (Bilingual English-Russian Picture books 1) Babushka: Russian Recipes from a Real Russian Grandma: Real Russian Food & Ukrainian Food (Russian food, Russian recipes, Ukrainian food, Polish recipes) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Movement Matters: Essays on Movement Science, Movement Ecology, and the Nature of Movement Russian childrens books: I Love to Keep My Room Clean (Bilingual): English Russian Bilingual Book Children's Book (English Russian Bilingual Collection) (Russian Edition) Childrens Russian books : Jojo's Playful Day - Cute Russian book for children (Kids ages 3-6) bedtime reading (bilingual Russian): Elephant book for children ... - Bilingual Russian books for kids 1) Learn Russian language with Matreshka #2: an audio magazine for Russian learners in Russian language about Russian culture Learn Russian: 300+ Essential Words In Russian - Learn Words Spoken In Everyday Russia (Speak Russian, Russia, Fluent, Russian Language): Forget pointless phrases, Improve your vocabulary

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)