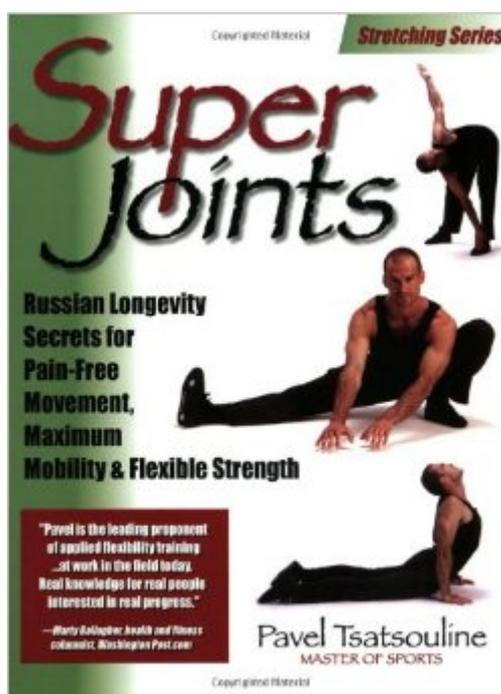


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# Super Joints: Russian Longevity Secrets For Pain-Free Movement, Maximum Mobility & Flexible Strength



## 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

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## Customer Reviews

Pavel is an accomplished guy with some impressive physical ability. I respect that, so I got a few of his books and borrowed some of his tapes to see what he recommends. "Super Joints" is a quick, easy-to-follow handbook that anyone can use for basic guidelines on how to regain or improve overall joint mobility and flexibility. Many of the movements presented will be familiar, but some of his ideas of how to combine them may not be. I would have liked to see more detailed descriptions, including variations and more photos of some movements. After a 6-month break from nearly all physical activity, I started to get back into working out by incorporating a number of the movements and principles in this book. Overall, I am pleased with the results, and I feel this justifies a portion of the advertised price. Aside from the joint mobility movements and principles, Pavel does talk about the use of calisthenics that will progressively increase joint mobility as well. While it doesn't get as much attention as it deserves, I have combined what he did present with my existing knowledge of basic and advanced calisthenics and gotten good results that way too. If I didn't have some experience with this, I don't know if I could have had the same success based solely on what the book contains. Pavel also touches on the stretching principles outlined in some of his other books, which are predominantly based on PNF (proprioceptive neuromuscular facilitation) stretching doctrines. He definitely intends for you to combine this with his other works in order to realize the full benefits, but most people can certainly have some good success with the material he presents here.

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