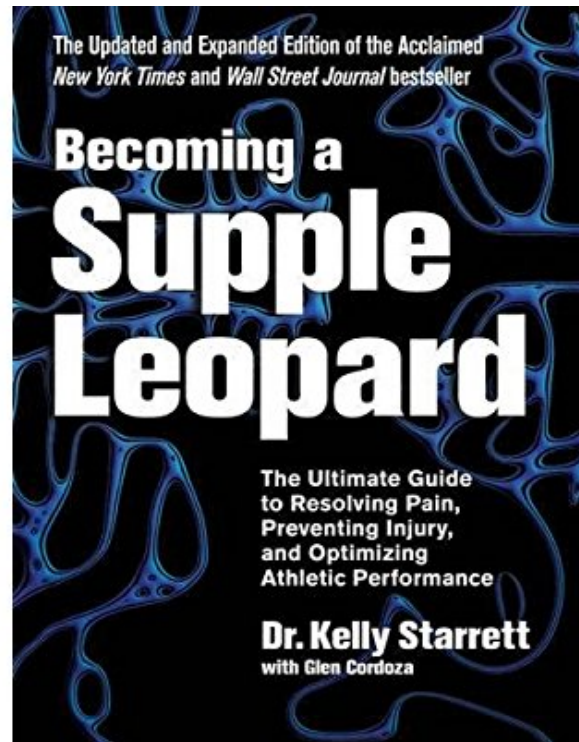


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Synopsis :

About the Author Dr. Kelly Starrett—coach, physiotherapist, and author of the New York Times bestseller Ready to Run—has revolutionized how coaches, athletes, and everyday humans approach performance as it relates to movement, mechanics, and the actualization of human and athletic potential. He and his wife, Juliet Starrett, co-founded San Francisco CrossFit and MobilityWOD.com, where they share their innovative approach to movement, mechanics, and mobility with millions of athletes and coaches around the world. Kelly travels the world teaching his wildly popular Movement & Mobility Course and also works with elite military forces and every branch of the military; athletes from the NFL, NBA, NHL, and MLB; and nationally ranked and world-ranked strength and power athletes. He consults with Olympic teams and universities and is a featured speaker at strength and conditioning and medical conferences nationwide. Kelly believes that all human beings should know how to move and be able to perform basic maintenance on themselves. He lives in northern California with his insanely talented and amazing wife and their two young lionesses, Georgia and Caroline. His chief life goal is to spend more time on the beach with his family. Glen Cordoza is a New York Times and Wall Street Journal bestselling author and a former professional mixed martial artist and Muay Thai boxer. He is one of the most published authors on the topics of MMA, Brazilian jiu-jitsu, Muay Thai, and fitness with 20 books to his credit. Read more

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