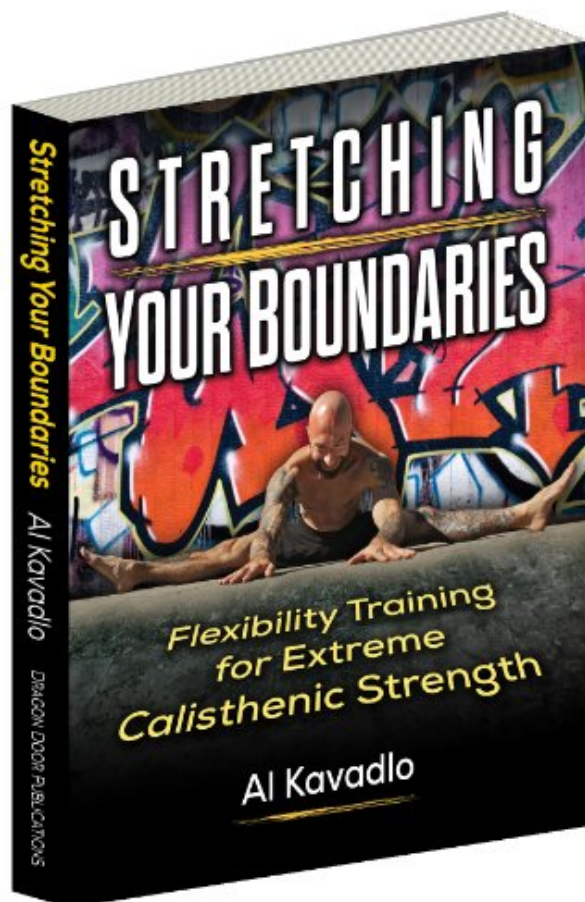
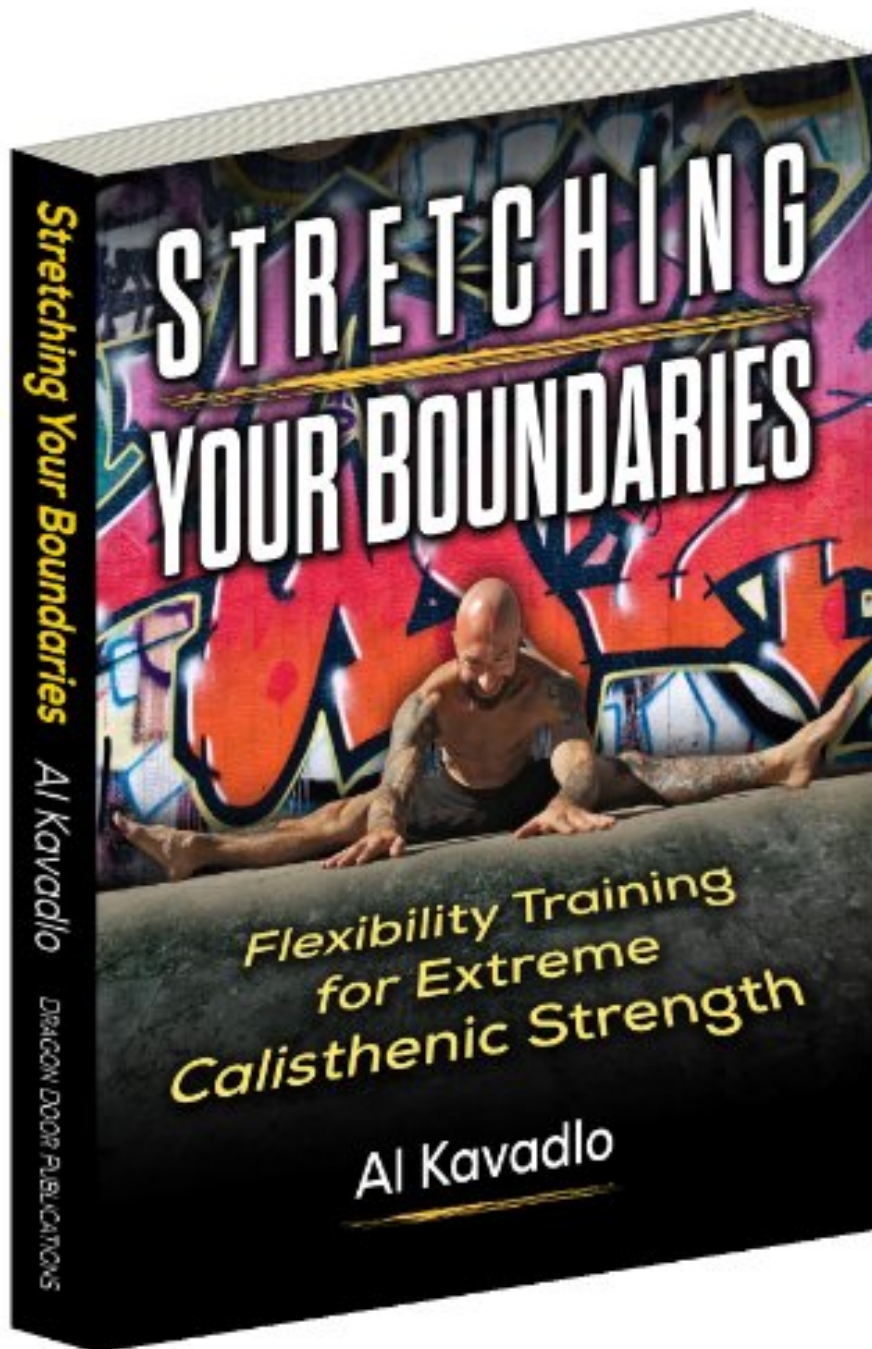


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STRETCHING YOUR BOUNDARIES: FLEXIBILITY TRAINING FOR EXTREME CALISTHENIC STRENGTH BY AL KAVADLO PDF

Stretching and Flexibility Secrets To Help Unlock Your Body—Be More Mobile, More Athletic, More Resilient And Far Stronger...

Picture yourself with the elegant lines and eye-catching flexibility of a Himalayan Yogi. Watch yourself move with the fluidity and grace of a great dancer. Feel your strength as you power into and hold the most challenging of bodyweight exercise moves. See yourself ripple with the muscular, toned, symmetrical physique that signals the perfect marriage of form and function.

All of this could be yours—with the right mindset, the right knowledge, the right mentor and the right blueprint for success. Enter Al Kavadlo—and his hard-earned skills in the world of bodyweight exercise training. This is a man who walks the walk of his talk—and then some. A man who models the capabilities and qualities of a bodyweight master—while also being able to teach and inspire others in the most practical of manners.

In *Stretching Your Boundaries*, Al provides a blueprint that anyone can follow to achieve supreme physical elegance, mobility and strength—and to amp up their game in any aspect of physical performance.

Stretching Your Boundaries could have been called “Yoga Meets Calisthenics”. Or “Zen and the Art of Stretch”. Because—as with the best of the physical culturists—there is a deep, yet lightly-carried spiritual “vibe” to Al’s teachings. There is a humble joy and a sense of well-being emanating from the man—that speaks volumes about his program.

If you really want to succeed as a physical culturist—and if you really want to live a healthy, happy, long life—then the right combination of spirit, wisdom and hard, skilled practice is the essential recipe, or template if you will. In *Stretching Your Boundaries* you will find the time-tested tools you need to continue cultivating yourself as a magnificent human artwork.

Fitting Al Kavadlo’s message is the medium: the book has gorgeous design and stunning photography—that will inspire you for years to come.

“The ultimate bodyweight mobility manual is here! Al Kavadlo’s previous two *Dragon Door* books, *Raising the Bar* and *Pushing the Limits*, are the most valuable bodyweight strength training manuals in the world. But strength without mobility is meaningless. Al has used his many years of training and coaching to fuse bodyweight disciplines such as yoga, martial arts, rehabilitative therapy and bar athletics into the ultimate calisthenics stretching compendium. *Stretching Your Boundaries* belongs on the shelf of any serious athlete—it’s bodyweight mobility dynamite!”—“COACH” PAUL WADE, author of *Convict Conditioning*
“An absolutely masterful follow up to *Raising the Bar* and *Pushing the Limits*, *Stretching Your Boundaries*

really completes the picture. Both easy to understand and fully applicable, Al's integration of traditional flexibility techniques with his own unique spin makes this a must have. The explanation of how each stretch will benefit your calisthenics practice is brilliant. Not only stunning in its color and design, this book also gives you the true feeling of New York City, both gritty and euphoric, much like Al's personality."

—MIKE FITCH, creator of Global Bodyweight Training

"Stretching Your Boundaries is a terrific resource that will unlock your joints so you can build more muscle, strength and athleticism. Al's passion for human performance radiates in this beautifully constructed book. Whether you're stiff as a board, or an elite gymnast, this book outlines the progressions to take your body and performance to a new level."

—CHAD WATERBURY, M.S., author of *Huge in a Hurry*

"Al Kavadlo has done it again! He's created yet another incredible resource that I wish I had twenty years ago. Finding great material on flexibility training that actually enhances your strength is like trying to find a needle in a haystack. But look no further, because *Stretching Your Boundaries* is exactly what you need."—JASON FERRUGGIA, Strength Coach

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Most helpful customer reviews

23 of 23 people found the following review helpful.

Another arrow for the body weight exercising quiver...

By Mark G

I got into Al Kavadlo's resources as a minimalist looking to apply minimalism to all areas of my life including health and exercise; and as a frequent traveller sick of hotel gyms and missing workouts. Al would have to be one of world's experts in body weight exercising. What is fantastic about this book is the first part - a complete manifesto about stretching and stretch safety. If you had any doubts about stretching, this part of the book is worth the money alone. As usual, the second part outlines in careful instruction and exceptional photographs the "how to" for an incredible number of stretches and variations. How easy is the book to use? I read this book the morning I bought it, and began using it in my weekly routine that afternoon!!

11 of 11 people found the following review helpful.

An excellent resource for anyone looking to increase mobility, range and flexibility

By SM

If you've read any of Al's books before, you'll know what to expect. If you haven't well here it is. Expect an amazing amount of information, presented in a totally accessible and non intimidating way aimed at any level of gym user, bodyweight athlete, or fitness enthusiast.

The presentation couldn't be clearer in this book and includes sample routines for different parts of the body to give them a full stretch and manipulation.

The book is divided into 3 sections.

Section 1: The Stretch Manifesto.

This section clearly outlines the theory of stretching, the history, and why we do the stretches we do, and how the body best reacts to different styles of stretches. This is no short section and provides a welcome explanation of what we can do to best improve the efficiency of the time we spend stretching.

Section 2: The Stretches

A huge selection of different exercises and stretches to best get the increase in range of motion that you are looking for and the flexibility that you desire

Section 3: Sample Routines

This section compiles several different stretches for different parts of the body so you can immediately get to work on your specific problem area.

All in all this a great resource for anyone with an active interest in exercise and mobility. It complements Al's other books, *Raising The Bar*, and *Pushing The Limits* perfectly, to be a very complete set of health and fitness manuals.

10 of 10 people found the following review helpful.

A practical, enlightening approach to mobility training for strength training

By R. Taylor

Firstly, this book is the perfect complement to *Raising the Bar* and *Pushing the Limits*. It does exactly what it promises: flexibility training for extreme calisthenics strength! However, this book also expands upon Al's philosophy behind training and its relation to the well being of the human body.

Frankly, the knowledge presented in this book is very difficult to acquire on your own by just researching around the internet. While you can go on YouTube and find some stretching demonstrations, Al Kavadlo has gone off of many years of experience in both fitness and spirituality, and brings a very organic and inclusive approach to writing this book. Furthermore, the photography and artwork are top-notch and very cool. Al's style shines through possibly even better than in his previous books!

If you have an idea of how good this book *could* be, do not worry because it is everything you can expect and probably more!

See all 68 customer reviews...

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