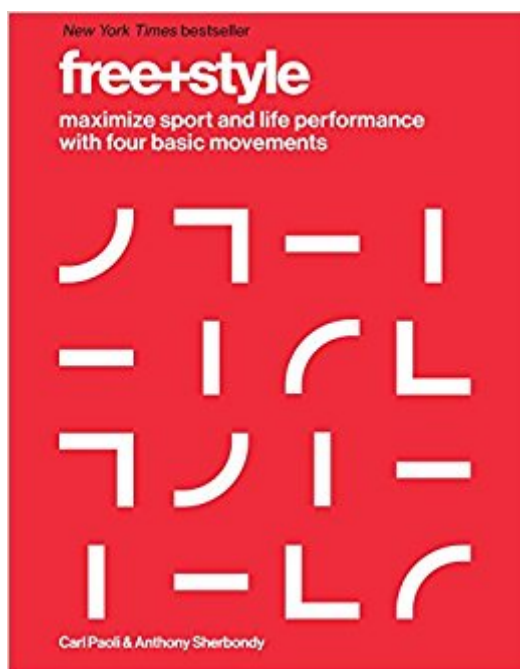


The book was found

Free+Style: Maximize Sport And Life Performance With Four Basic Movements



Synopsis

The New York Times bestseller! Everyone cares about physical performance and the fitness industry offers an infinite number of solutions to improve it. But who has the best solution and how do we know if and how it will work for us? After over 15 years of training as an elite gymnast and over a decade of coaching, Coach Carl Paoli offers a fresh philosophy on training by connecting movement styles to fit your specific purpose, while also giving you a simple framework for mastering the basics of any human movement. *Freestyle: Maximize Your Sport and Life Performance with Four Basic Movements* is an interactive way to learn how the body is designed to move through space and how to interact with our constantly changing surroundings. Using this framework and four basic movements, Paoli will help you maximize your efforts in sport and life, regardless of specialty. Â Despite Carl's experience as an elite gymnast and a renowned CrossFit coach, this is not a book about gymnastics, CrossFit, or any specific fitness program. Rather, it is a unique take on how Carl studies and teaches human movement and how you can better understand how to move yourself. Carl is not going to teach you the specifics of a movement or sport; instead, he gives you a template that you can use to develop any specific movement. For example, instead of teaching you how to throw a baseball, this book teaches you a universal foundation that will help you further develop your pitching skills. Human movement is intuitive, but not always perfect. Â This book shows you how to:

- * Turn on and trust your intuition about movement
- * Use tools that help optimize imperfect movement
- * Tap into the universal movement patterns and progressions underlying all disciplines
- * Use Carl Paoli's movement framework to create roadmaps for your physical success
- * Learn what being strong really means

Â *Freestyle* is a practical manual to develop human movement regardless of your discipline. It is equally applicable to veteran athletes, weekend warriors, fitness enthusiasts, people trying to pick up a new sport, and people who are simply curious about improving their health. By developing your awareness and learning to see across other disciplines, you can tailor any training regimen to meet your unique goals.

Book Information

Hardcover: 432 pages

Publisher: Victory Belt Publishing (July 15, 2014)

Language: English

ISBN-10: 1628600209

ISBN-13: 978-1628600209

Product Dimensions: 8.5 x 1.4 x 10.9 inches

Shipping Weight: 4.1 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 123 customer reviews

Best Sellers Rank: #71,868 in Books (See Top 100 in Books) #92 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #155 in Books > Sports & Outdoors > Coaching > Training & Conditioning #899 in Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

Carl Paoli was born in the U.S., but grew up in Spain, where he became an elite gymnast who trained and competed on the national circuit for more than fifteen years. He received numerous gymnastics accolades, including a National Gold Medal for Vault. Carl also studied environmental science at Universidad Miguel Hernandez and specialized in genetic engineering and coral reef ecology. After university, Carl returned to the U.S. to pursue a career in marine biology. Even though Carl found work that related to his studies, his mind never strayed far from his love of sport and fitness. He reentered the world of gymnastics in 2004 in San Francisco, where he lives and works as a strength and conditioning coach for his own practice in collaboration with San Francisco CrossFit and AcroSports. In 2010, Carl launched GymnasticsWOD.com, currently the largest online resource for gymnastics-movement training and conditioning for CrossFit coaches and athletes. He has coached thousands of athletes around the world through the GymnasticsWOD website and by way of his Freestyle Connection seminars. In 2011, Carl was part of the coaching team for Annie Thorisdottir, who went on to become the first two-time winner of the CrossFit Games in 2011 and 2012. Anthony Sherbondy holds a PhD from Stanford University where he studied Engineering and Neuroscience. His research focused on finding new methods for measuring and visualizing the "wiring diagram" of the human brain, which he has published in several articles and given numerous talks on around the world.

This book lays out fundamental movements along with the why and how, and details progressions to build them and use them. As a coach I love the straightforward presentation and clear demonstrations, and as an athlete I love the advanced progressions. I also got to attend a seminar with Carl, and it was great-- straight out of the book. Buy it, you'll use it often.

One of my favorite books about human movement. Carl does a great job explaining how he views exercise. He gives progressions for the four basic movements he believes are most important. This

progressions can basically be applied to any exercise program. I liked this one so much, I wish Carl would write another book! I come from an exercise background but I still found tons of great information!

If you really want to understand core movements and improve sports performance, this is the book to thoroughly study.

Very useful tips and a great compliment to the seminar. I am very happy with my purchase! Shipping was a bit tardy, though.

Carl is second to none when it comes to movement. If you are looking to improve your movement and skills look no further!

Very basic yet very challenging. So glad to have this stuff written down.

Great book, with heaps of progressions for gaining new gymnastic movements. Excellent reference book for coaches

Guess who finally got a Bar Muscle Up? Me. Why? Carl's excellent progressions and coaching, as well as clear instruction, was the difference.

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

Free+Style: Maximize Sport and Life Performance with Four Basic Movements Paleo Recipes: Paleo Recipes for Beginners: 30 Amazing Recipes to Maximize Health (Caveman Diet, Maximize Health, Grain Free, Wheat Free, Dairy Free, Real Food, Detox Recipes, Antioxidants) Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) Literary Movements & Genres: Horror - L (Greenhaven Press Companion to Literary Movements and Genres) Gluten Free For Beginners: Go Gluten Free and Maximize Your Health and Longevity Downsizing Your Home and Loving It: 50 Simple Steps To Organize Your Home, Maximize Your

Space And Live A Clutter Free Life (Downsizing Your Life, Decluttering ... How To Organize, Organizational Hacks) The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes Clutter-Free: ONE HOUR A WEEK DECLUTTER! Simple Stress-Free Habits of a Clutter-Free Life.How to Organize Your Home,Finance&Lifestyle! (Clutter Free,Lifestyle,Clutter,Declutter) Mental Toughness: For Peak Performance, Leadership Development, and Success: How to Maximize Focus, Motivation, Confidence, Self-Discipline, Willpower, and Mind Power in Sports, Business, and Health Allergy Proof Recipes for Kids: More Than 150 Recipes That are All Wheat-Free, Gluten-Free, Nut-Free, Egg-Free and Low in Sugar My Grain & Brain Gluten-free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Free Cookbooks: Box Set: The Complete Healthy And Delicious Recipes Cookbook Box Set(30+ Free Books Included!) (Free Cookbooks, Free, Cookbooks, Recipes, Easy, Quick, Cooking,) Mental Toughness for Peak Performance, Leadership Development, and Success: How to Maximize Your Focus, Motivation, Confidence, Self-Discipline, Willpower, and Mind Power in Sports, Business or Health Backpacker magazine's Complete Guide to Outdoor Gear Maintenance and Repair: Step-by-Step Techniques to Maximize Performance and Save Money (Backpacker Magazine Series) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Training Essentials for Ultrarunning: How to Train Smarter, Race Faster, and Maximize Your Ultramarathon Performance The Science of Running: How to find your limit and train to maximize your performance

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)