



# Beyond Stretching : Russian Flexibility Breakthroughs

*Pavel Tsatsouline*

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## **Beyond Stretching : Russian Flexibility Breakthroughs** Pavel Tsatsouline

Regain the Buoyant Flexibility of a Young Child While Maximizing Your Power and Strength Discover how to develop extreme range strength, the true key to injury prevention. Learn the complete Joint Mobility Training Program, a Russian system for improving your joints health, even when damaged by arthritis. o Discover Russia's most advanced method of Plyometric Flexibility Training speed-specific flexibility. Discover how to display maximal flexibility without a warm-up. o Discover a unique technique to immediately boost your strength and explosiveness giving you the edge over your competition, the first time you use it. Learn a Soviet commando exercise that enables you to have maximal speed in your kicks even at the limit of your flexibility and a unique method for strengthening the knee ligaments, for faster and safer kicking. Discover why the stretches you have been doing compromise your strength, and what Russian weight lifters do instead. Discover three special stretching techniques that build super strength by manipulating your feedback loop, the same thing that enables desperate mothers to lift cars off their children! Learn how much flexibility you really need and how to develop it in a fraction of the time you spend stretching today. Learn to wake up your proprioceptors in a hurry for a vibrant start to the day and to stop feeling like the Tin Man when you get up in the morning. o Learn techniques to increase blood flow to your joints, lubricate them and keep their surfaces smooth and healthy, for pain-free, easy movement on a daily basis. Learn the difference between plyometric and dynamic stretching when to use the one, when to use the other for optimal gains.

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