



Stretching Your Boundaries: Flexibility Training for Extreme Calisthenic Strength

Al Kavadlo

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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. 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! Stretching Your Boundaries belongs on the shelf of any serious athlete-it's bodyweight mobility dynamite!-"COACH" PAUL WADE, author of Convict Conditioning

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