



# Super Joints: Russian Longevity Secrets for Pain-Free Movement,

*Pavel Tsatsouline*

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# Super Joints: Russian Longevity Secrets for Pain-Free Movement,

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## **Super Joints: Russian Longevity Secrets for Pain-Free Movement, Pavel Tsatsouline**

The Do-It-Now, Fast-Start, Get-Up-and-Go, Jump-into-Action Bible for High Performance and Longer Life You have a choice in life. You can sputter and stumble and creak your way along in a process of painful, slow decline-or you can take charge of your health and become a human dynamo. And there is no better way to insure a long, pain-free life than performing the right daily combination of joint mobility and strength-flexibility exercises. In Super Joints, Russian fitness expert Pavel Tsatsouline shows you exactly how to quickly achieve and maintain peak joint health-and then use it to improve every aspect of your physical performance. Only the foolish would deliberately ignore the life-saving and life-enhancing advice Pavel offers in Super Joints. Why would anyone willingly subject themselves to a life of increasing pain, degeneration and decrepitude? But for an athlete, a dancer, a martial artist or any serious performer, Super Joints could spell the difference between greatness and mediocrity. Discover: The twenty-eight most valuable drills for youthful joints and a stronger stretch. How to save your joints and prevent or reduce arthritis. The one-stop care-shop for your inner Tin Man-how to give your nervous system a tune up, your joints a lube-job and your energy a recharge. What it takes to go from cruise control to full throttle: The One Thousand Moves Morning Recharge-Amosov's bigger bang calisthenics complex for achieving heaven-on-earth in 25 minutes. How to make your body feel better than you can remember-active flexibility for sporting prowess and fewer injuries. The amazing Pink Panther technique that may add a couple of feet to your stretch the first time you do it.

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