



Free+Style: Maximize Sport and Life Performance with Four Basic Movements

Carl Paoli , Anthony Sherbondy

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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. 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. 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 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.

Free+Style: Maximize Sport and Life Performance with Four Basic Movements Details

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Movements Carl Paoli , Anthony Sherbondy

From Reader Review Free+Style: Maximize Sport and Life Performance with Four Basic Movements for online ebook

Russ says

Lots of impressive photos. Good progressions for the freestyle four (pistol, muscle-ups, handstand push-ups, burpees). Worth flipping through, but i didn't get much out of the text.

Matt says

Love the workout plan, however books are only so good for this sort of thing. I wish there was more diversity in the beginning exercises.

Peter says

I must admit that I was surprised how good this book was. I have followed Carl Paoli for several years and used many of his progressions from GymnasticsWOD so I know he was a good teacher but I did not know he was a good writer. The book is "stylish" in the progressions which I both like and dislike since the formatting (at least in my iBook version) created empty pages and 3-5 pages for one progression. What I miss is a clear overview of all the progressions - you are here - can you do this (lets say 1 Strict HSPU), then move on to this progression. at the same time I realise Carl has made a tremendous job in distilling this information in a clear cut precise manner. For me personally there are a couple of HUGE take aways that I will and already have implemented. Let me share them with you:

Hang test - to show internal rotation - what happens when walk/run/ throwing

Squat - arms OH - for the test.

Progressions are flow triggers. Best way to keep improving is to master the basics FLOW

IMAGINE GAME was HUGE for me - implemented it in my coaching - it shows athletes importance of learning, burpee, lunge, Pistol - Natural and without even telling them.

Carls "pyramid" of skill transfer I found Extremely beautiful - immediately implemented it in my FLAWD framework for skill transfer of all areas.

Human performance is all about: Skill transfer

Another one: Locomotion is the most important and vital activities we humans are designed to do
Lunging also gets closer to one legged squat required for the pistol. Which brings us to LUNGE - which takes squatting mechanics and brings them closer to locomotion application, such as running, walking and skipping. For me as a MOB coach this made perfect sense for my mobility course where one of the archetypes is Lunge - which I found hard to measure, coach and talk about. This made perfect sense and transferable as well. And since mastering Lunge gives us pistol it just fits! :) perfect.

Another thing I learned is motion helps balance - it is easier to keep a bike moving than to stand still. Eye opener as well.

Pushup is transferable to everything else you do in life

One secret: start with easier movements that captures essence of the movement that you are working toward.

Proprioception is our sixth sense

I particularly like when Carl compares OLY to gymnastics - same movement - for instance in the first pull in HSPU - the lift of the knees of the elbows is comparable to first pull in Oly and the kick in HSPU is like second pull in oly with "speed through the middle" , and MU Pull is similar to the Clean/snatch pull with absolute full extension in the hip during 2nd pull to absolute full flexion exactly as in the receiving position! :)

Nerd knowledge like grip is also valuable for a movement nerd like myself.

Dip balance was one of many new moves I added in my arsenal as an athlete and coach. But also Old man squat. Most of Carls progressions are extremely good.

the 4 movements Carl teaches us are:

Burpee

HSPU

Pistol

MU

and I agree - if you master them - you will be very good of!

Wide spread pushup - genius! :)

Yeah overall great book mainly for coaches, but also for the athlete that wants to improve.

let me know if you like it!

Ward says

A very good reference for body movement/mechanics, especially gymnastics movements.

Greg Hickey says

Carl Paoli's Free+Style is a comprehensive look at four basic physical movements and a thorough description of how to apply these movements to other sports, exercises and everyday life. Paoli's greatest strength is his ability to regress and progress a particular movement, modifying it to make it simpler to perform or showing how it can be advanced into more difficult feats of strength. He manages to break down complex tasks into discrete actions, explains how to perform each action as efficiently as possible, and how to reassemble these actions into a more refined and stronger complete movement. Moreover, he outlines how to develop progressions for other movements not contained in this book. The book falls a bit short on a complete description of biomechanics, omitting explanations such as why external rotation promotes more stable shoulders and hips and allows for more efficient movement. And some exercise descriptions in the brief section on programming do not appear to refer to the titles of movements in the main section of the book. Still, Free+Style remains one of the better books available on human performance, and Paoli's skill in describing human movement for individuals at every level of physical fitness is second to none.

Josh says

This was a really helpful book. I came to it only for the progressions on the "freestyle four" (pistol, handstand push-up, muscle-up, and burpee) but found the conceptual framework regarding human movement and athletic programming very interesting.

Steve Gupta says

Starts kind of slow, but good movement theory. Really good supplement to online videos for progressions related to pistol, handstand push-up, muscle-up and burpee

John (JP) says

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Book is a combination exercise theory and practical advise. Full of pictures and detailed instructions, the book will be of use to trainers and professional and high level athletes.

Valentin Sushkov says

Good ideas but it was hard to read. It feels more like a scientific language rather than entertainment.
