



Stretching Your Boundaries: Flexibility Training for Extreme Calisthenic Strength

By 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.

Stretching Your Boundaries could have been called “Yoga Meets Calisthenics”. Or “Zen and the Art of Stretch”. Because—as with the best of the physical culturists—there is a deep, yet lightly-carried spiritual “vibe” to Al’s teachings. There is a humble joy and a sense of well-being emanating from the man—that speaks volumes about his program.

If you really want to succeed as a physical culturist—and if you really want to live a healthy, happy, long life—then the right combination of spirit, wisdom and hard, skilled practice is the essential recipe, or template if you will. 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! Al Kavadlo’s previous two Dragon Door books, *Raising the Bar* and *Pushing the Limits*, are the most

valuable bodyweight strength training manuals in the world. But strength without mobility is meaningless. Al has used his many years of training and coaching to fuse bodyweight disciplines such as yoga, martial arts, rehabilitative therapy and bar athletics into the ultimate calisthenics stretching compendium. *Stretching Your Boundaries* belongs on the shelf of any serious athlete—it's bodyweight mobility dynamite!—"COACH" PAUL WADE, author of *Convict Conditioning*

"An absolutely masterful follow up to *Raising the Bar* and *Pushing the Limits*, *Stretching Your Boundaries* really completes the picture. Both easy to understand and fully applicable, Al's integration of traditional flexibility techniques with his own unique spin makes this a must have. The explanation of how each stretch will benefit your calisthenics practice is brilliant. Not only stunning in its color and design, this book also gives you the true feeling of New York City, both gritty and euphoric, much like Al's personality."

—MIKE FITCH, creator of Global Bodyweight Training

"*Stretching Your Boundaries* is a terrific resource that will unlock your joints so you can build more muscle, strength and athleticism. Al's passion for human performance radiates in this beautifully constructed book. Whether you're stiff as a board, or an elite gymnast, this book outlines the progressions to take your body and performance to a new level."

—CHAD WATERBURY, M.S., author of *Huge in a Hurry*

"Al Kavadlo has done it again! He's created yet another incredible resource that I wish I had twenty years ago. Finding great material on flexibility training that actually enhances your strength is like trying to find a needle in a haystack. But look no further, because *Stretching Your Boundaries* is exactly what you need."—JASON FERRUGGIA, Strength Coach

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