

Chapter 1 : Deskbound: Standing Up to a Sitting World - Free eBooks Download

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This will be my first review ever. Hopefully you read this review standing up! And that is what made this book so relevant. There will also be a little challenge to complete on your own to improve your life. And that is more fascinating news than kids and animals having perfect movement techniques for me. My friend and I are the perfect example for all of this information. When we were growing up I was always the shorter one, and my friend was the freaking light post. I was strong and explosive for my size, but surprisingly agile. My friend also started lifting weights. But he had a totally different training approach, with a focus on some of the olympic lifts instead of isolation movements. Now things became really interesting! As time went by he transformed from the first picture of the tree on page 41, into one of the braced perfect specimens on the second picture. By correcting his movement patterns, he increased all of his lifts, while at the same time removing his pain and further risks of injuries. He has also boosted my own improvements by introducing me to the last piece of the puzzle. The moral of the story is that you can actually change back all those years of poor movements and posture. And that should be exciting news to anyone! So when you enter the jungle we know as the gym today. You might just see a mighty giraffe learning a gorilla to walk like a man. Reading for results We are not created to read a book in one sitting. And I feel like the book itself was created with that purpose in mind. I like books as much as anyone else more than most actually. So whenever you pick up a self-help book in the future, try to evaluate how you should schedule your reading for maximum results. And that leads us to our next topic. Slack to get back on track Just as presented in the book, there are advantages with taking breaks. Studying for 16 hours a day with only meal breaks became a norm in my life for prolonged periods. I knew staring into a screen for a prolonged time was bad. Installing software like, f. Below I will present some general guidelines I try to follow myself on an ordinary day. I perform the mobilization techniques two minutes on each side, for a total of 4 minutes every break. I then follow that up with rotating through the exercises starting on page Every break I move on the next exercise among the suggested exercises for variety reasons. I usually spend a total of 2 minutes on any exercise before I return to work. I incorporate them by feel when I really need them, or simply when I crave it. If I simply get stuck when I write a paper or something, I go out for a quick walk. Just to clear my head. Quiet time with my mind no music or talking on the phone etc is a must for me here, if I want to see any results. I can tell you that there have been several walks since I created this site! I simply love working out. Going to the gym is my favorite time of the day. I feel so alive and refreshed during and after any work out. But the only time I skip my work outs is when I need them the most. When ever I have an upcoming exam, or something that truly forces me to concentrate and be my best self, I skip my work outs. I do it cause my mind plays games with me, convincing me there is no time to work out. When this prevails for more than two days for me, I instantly start to decline in mental focus and general sharpness. The brain-derived neurotrophic factor BDNF discussed in the book, confirms the importance of exercise. Optimizing the brain, improve your learning, and focus by enabling the brain to make new connections to new materials? Seems like a win win situation for anyone who loves exercise. Reset There is one final aspect of taking breaks that I want to highlight before we move on. How often did you reflect over your posture when you read the book? Since you were reading a book by Kelly Starrett, I expect it to be quite often. I expect a lot of people to jump over the standing up and re-embrace part. Every time you take a break from working sitting down, you give yourself a chance to re-embrace before you go back to work. Every time I put down the book for the day, I caught myself letting all the information and bracing techniques fly out the window. It will take a long time for all of this information to become natural movement patterns. I still constantly catch myself with areas of improvement in my ordinary day. I encourage you not to give up. It will be easier, it will be natural over time! But the goal is neither to stand up and work with perfect form for eight hours a day. The goal is to steadily improve every aspect of your day until you finally incorporate correct movements throughout your whole day. But regardless of how you approach this, and how long time you need

for this to become a reality, use common sense! I used to justify my poor sitting through out the day with that I trained really hard for three hours a day. That was just being plain stupid and using terrible logic. Training for three hours, and being unhealthy for 21 hours a day, makes you an unhealthy individual. Now I know better. The sitting workstation There will be times when you will sit down. Not even Kelly denies it. Just keep in mind there are huge differences when it comes to how you sit down. Section 5 in the book on page does a great job explaining optimized sitting. My personal preference when it comes to sitting down is to go through the sequence on page , and then staying on the edge of the seat. I also started to incorporate the one hundred year shoulders technique to my reading while I sit. Just by rotating my hands, pointing my palms up to the ceiling with my thumbs around my book, and holding them there. You feel a tremendous difference with how easy it is to keep your shoulders from rounding forwards. I recommend you take a closer look on section 5. Ask yourself, what can be applied to the various scenarios you face in your every day life? The standing workstation So you have transitioned to a standing workstation, or have been working while standing up for a while now? But it does cover how you should move and brace yourself in any given situation. The fault is mine for not connecting the dots on how not to set myself up for failure. So, where did I go wrong? My screen was to low, forcing me to look down for several hours a day. Simply adjusting the height of my screen has saved my neck and shoulders quite some strains. Since I moved, my floor has become a lot harder. First I tried implementing indoor shoes. But quite recently I received a cushioning mat which was SO much better. Now I can stand up for a whole day without killing my feet in the process. Before my arm flared out from my body terribly. I feel night and day difference since I started bringing my arm closer to my body. I always have to take how I treat my shoulders in mind because of a stupid mistake. Muscle buddies Seven years ago I hurt my shoulder pretty bad when refusing to tap during grappling. My shoulder is still bothering me. And I still have a lot of dysfunction compared to the other shoulder. ART is short for active-release treatment. As described on page , this is very similar to some of the techniques this book uses. By compressing and forcing muscles through their range of motion, I received back a lot of my range of motion again by doing this. My shoulder causes me pain. If you have some muscle dysfunctions from injury or something else. At least that was the case for me. I felt nothing while performing some exercises earlier. But by restoring some range of motion with ART, I could all of a sudden perform some techniques a lot better by myself. If you feel like your range of motion is an obstacle from the start.

Chapter 2 : Deskbound: Standing Up To a Sitting World Review - Ignore Limits

Starrett relates the importance of posture to your health and mobility, teaches the reader how to stand, sit, walk, and even lie down correctly, and offers a comprehensive mobilization strategy to fix stiff joints, rounded shoulders, tight muscles, back pain, etc. that accompanies endless sitting.

Chapter 3 : PDF Download Deskbound Standing Up To A Sitting World Free

Deskbound: Standing Up To a Sitting World is the latest book by Dr. Kelly Starrett, author of the fantastic book 'Becoming A Supple Leopard', hailed as essentially the bible of mobility and self-cure for athletes and office workers with niggling aches and pains.

Chapter 4 : Deskbound: Standing Up to a Sitting World by Kelly Starrett

In his new book, 'Deskbound: Standing Up to a Sitting World,' Kelly Starrett, a CrossFit thought leader and self-therapy advocate, asserts that sitting is worse for our health than smoking.

Chapter 5 : Deskbound : Standing up to a Sitting World by Kelly Starrett (, Hardcover) | eBay

Deskbound: Standing Up to a Sitting World by Kelly Starrett You'd better stand up for this bit of news. Sitting can wreck

havoc on your health, and not just in the form of minor aches and pains.

Chapter 6 : racedaydvl.com - for your passion

With this issue in mind, the supervisor over our Fitness Unit assigned the unit to read "Deskbound: Stand Up to a Sitting World," by Dr. Kelly Starrett. I have followed Dr. Starrett for several years at his MWOD website while I worked to undo years of poor mechanics and abuse from sports, the military and now law enforcement.

Chapter 7 : Deskbound: Standing Up to a Sitting World -

Don't Panic! Just move more Deskbound: Standing Up to a Sitting World. Every time a new Dr. Kelly Starrett book comes out I kind of get nervous. Mostly because I know it's going to point out all the things I am doing every day that are bad for my health.

Chapter 8 : Summary/Reviews: Deskbound :

You'd better stand up for this bit of racedaydvl.comg can wreak havoc on your health, and not just in the form of minor aches and pains. Recent studies show that too much sitting contributes to a host of diseasesâ€”from obesity and diabetes to cancer and depression.

Chapter 9 : Deskbound : standing up to a sitting world in SearchWorks catalog

Kelly Starrett, with the help of his wife Juliet and Glen Cordoza have written Deskbound - Standing Up to a Sitting World. Modern living is gradually causing a shift from the human body's main function and what it was designed to do and that is to move.