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Dr. Kelly Starrett is a coach, physical therapist, two-time New York Times & Wall Street Journal bestselling author, speaker, and co-founder of The Ready State, the world's most comprehensive ... Kelly Starrett is an athlete, physical therapist, and (above everything else) strength and conditioning coach who focuses on movement. Kelly Starrett (born 1973) [1] is a physical therapist, author, speaker and CrossFit trainer. His 2013 fitness book, *Becoming a Supple Leopard*, was featured on The New York Times bestselling sports ... Dr. Kelly Starrett is a Doctor of Physical Therapy, performance coach, and three-time New York Times bestselling author dedicated to helping people move better, feel better, and live pain-free. Apr 20, 2023 · Kelly Starrett is a fitness guru, author, and dad to two teenage daughters. Here's his life philosophy and his advice for all dads. Aug 23, 2025 · She is the CEO and the creative super-brain of the business, and she's my favorite training partner I've ever had," says Kelly Starrett, Doctor of Physical Therapy, mobility and ... Jan 5, 2024 · Kelly Starrett (born 1973) is a CrossFit trainer, physical therapist, author, and speaker. His 2013 fitness book, *Becoming a Supple Leopard*, was featured on The New York Times bestselling ... Today, Kelly Starrett is best known for his role as a coach, author, and speaker who advocates for movement literacy—helping people understand their bodies better and move more efficiently. Kelly Starrett is a coach, physical therapist, author, speaker, and creator of this blog, which has revolutionized how athletes think about human movement and athletic performance. Dr. Kelly Starrett is a Doctor of Physical Therapy, movement expert, and three-time New York Times bestselling author dedicated to helping people move better, feel better, and perform at their best. ...

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