



## Functional Training for Sports: Superior Conditioning for Today's Athlete

By Mike Boyle

Human Kinetics Publishers. Paperback. Book Condition: new.

BRAND NEW, Functional Training for Sports: Superior Conditioning for Today's Athlete, Mike Boyle, Reach a higher level of athleticism with "Functional Training for Sports"!

Functional training is a complete system of athletic development that focuses on training the body the way it will be used in competition, making it the most efficient and effective form of training today. Author Mike Boyle, renowned strength and conditioning coach formerly with the Boston Bruins, addresses movement, body positions, and abilities that are essential for success in competition. Through "Functional Training for Sports", you will improve your total athleticism, enhance your performance, and reduce injuries through exercise progressions that will spur your development potential for specific movement patterns you commonly use in your sport. Providing tests for you to determine where to start, the progressions focus on training for the torso, the upper body, and the lower body. The book also provides detailed programs that incorporate the exercises and methods for these progressions. As you master each progression, you will be preparing yourself to perform in any situation with notable improvements in stability and balance, reaction time, core strength, and power. This whole-body, sport-applied system makes "Functional...



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### Reviews

*This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Natalie Abbott**

*This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be playful, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.*

-- **Rene Olson**

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Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



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### **I Am Reading: Nurturing Young Children s Meaning Making and Joyful Engagement with Any Book**

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It s vital that we support young children s reading in ways that nurture healthy reading identities, that foster an attraction to...



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