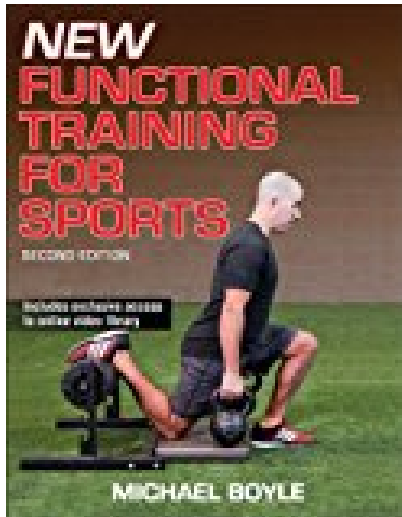


New Functional Training for Sports 2nd Edition



BOOK DETAILS

- Author : Michael Boyle
- Pages : 256 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 1492530611

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BOOK SYNOPSIS

Train to perform at the highest level with the lowest risk of injury. New Functional Training for Sports produces the best results on the court, field, track and mat, not just in the weight room. One of the world's leading sports performance coaches, Michael Boyle, presents the concepts, methods, exercises, and programs to maximize athletes' movements in competition. A series of functional assessments help to determine the design of a plan specifically for each athlete. Self-reinforcing progressions in lower body, core, upper body, and ultimately total body exercises give athletes the balance, proprioception, stability, strength, and power they require to excel in their sport. Sample programs are provided to assist in the customization process and to ensure each aspect of physical performance preparation. Boyle also draws upon the latest research, and his wealth of experience to offer programming advice and recommendations on foam rolling, stretching, and dynamic warm-ups. New Functional Training for Sports goes beyond traditional exercise descriptions and explanations, incorporating full-color, high definition composites of foundational movements, as well as online access to video demonstrations, commentary, and analysis of key exercises. New Functional Training for Sports is a superbly revised, refined and expanded version of Boyle's original work published more than a decade previously. Boyle offers you the best, most current functional training expertise to readily apply for your specific purposes.

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