

Advances In Functional Training

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Advances in Functional Training: Training Techniques for Coaches, Personal Trainers and Athletes Advances in Functional Training Series: Author: Michael Boyle: Publisher: On Target Publications, LLC, 2012: ISBN: 1931046042, 9781931046046: Length: 315 pages : Export Citation: BiBTeX EndNote RefMan

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Advances in Functional Training is very much like Return of The Jedi, whilst it stands up on its own, it becomes even more insightful when you understand the evolution of the book and Michaels rationale. So, what can you expect from Advances in Functional Training?

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continuum was first introduced in Functional Training for Sports to illustrate exercise choices on a continuum from least functional to most functional. Exercises are separated into lower-body exercises, upper-body exercises and torso or

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Michael Boyle is the author of *Advances in Functional Training* (4.41 avg rating, 286 ratings, 13 reviews, published 2010), *Functional Training for Sports...*

Michael Boyle (Author of *Advances in Functional Training*)

Advances in Functional Training: Training Techniques for Coaches, Personal Trainers and Athletes Paperback – Jan. 10 2010 by Michael Boyle (Author), Alwyn Cosgrove (Foreword), Mark Verstegen (Introduction) 4.6 out of 5 stars 111 ratings See all 8 formats and editions

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Mike Boyle's New Functional Training for Sports vs Advances

In the seven years since the publication of his first book, *Functional Training for Sports*, new understanding of functional anatomy created a shift in strength coaching. With this new material, Coach Boyle presents the continued evolution of functional training as seen by a leader in the strength and conditioning field.

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