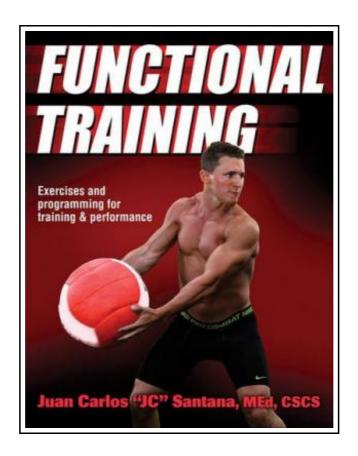
## **Functional Training**



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### Reviews

This is an amazing publication i actually have at any time go through. It is actually rally interesting through reading through period. Its been developed in an exceptionally straightforward way which is merely following i finished reading through this publication where actually altered me, modify the way in my opinion.

(Noah Padberg)

#### **FUNCTIONAL TRAINING**



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Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Functional Training, Juan Carlos Santana, This revolutionary approach to training and conditioning methods will improve function in any sport or activity. Offering strength, endurance, power and sport-specific exercises and programming, Functional Training is a comprehensive resource for every athlete, coach and athletic trainer. Covering the concepts, exercises, progressions and sequencing on which a sound functional training programme is based, it addresses the needs of more than 11 sports and features 135 exercises, including body weight, bands and pulleys, dumbbells and kettlebells, medicine and stability balls. Functional Training features a three-tier approach for integrating functional movements into an existing strength programme. Through assessment and analysis it identifies the movements and muscles involved in each sport, then selects the best exercises and programmes based on desired results and performance goals.



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