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## 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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A lot of athletes go for sports bars, gels, or sports drinks because they are convenient. However, fresh fruit and fruit choice are excellent options that you should opt for. Learn steps to create a healthy diet plan and ways to build a strong body with ease. In case that you lose a lot of fluid sweating, it is recommended that diluting sports drinks with the similar amounts of water to get the best balance of electrolytes and fluid.

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Functional Training for Sports "presents the most effective and efficient training program available today!" Kristine Lilly 15-year veteran of the U.S. women's national soccer team From Book News, Inc. "This book offers a complete method for athletic development that focuses on training the body the way it will be used in competition, in order to develop movement skills, body positions, and power for any sport. Boyle (a strength and conditioning coach formerly with the Boston Bruins) provides tests for athletes to determine their starting points for training, and then divid Functional Athlete founder Steve Mologousis training a few of our MMA & Wrestling athletes.

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Longo and I must admit that, even though it is my fourth course with the WTA, there is always, always, something to learn and the  
teacher was impeccable with his desire to transmit and his exceptional physical and theoretical preparation. Functional Athlete founder  
Steve Mologousis training a few of our MMA & Wrestling athletes. [https://www.functionalathlete.com/wp-content/uploads/2017/12/The-  
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New Functional Training for Sports is a refined and expanded version of Boyle's original work published more than a decade previously. This edition offers the most current functional training expertise to apply to your specific purposes. Add to cart. You May Also Like. Advanced Certifications. Master Personal Trainer. Master Wellness Coach. Advanced Personal Trainer. Functional training has its roots in professional sports, where specific movement sequences are trained that have a direct transfer to the athlete's sport. Hence the word part "functional". It is based on the function that the body parts have to fulfil during the game or competition. Muscles are not seen as lone fighters, but as gears in a clockwork. Training for everyday use. Since functional training often gets by with your own body weight as training resistance, it can be scaled very well and is suitable not only for professional athletes, but also for everyday athletes. It quickly brings improvements in everyday situations where the interaction of entire muscle chains plays an important role. For example, when carrying a water tray or heavy shopping bags. Functional Training - Craig Liebenson. Conditioning Young Athletes. Mike Boyle's advanced training for sports. Boyle Template. 1 Functional Training for Sports. on multijoint movement as much as possible. Vern Gambetta and Gary Gray, two recognized experts on functional training, state, "Single joint movements that isolate a specific muscle are very non functional." 3 Functional Training for Sports. athlete is by definition performing open-chain muscle action. Open-chain means that. Find many great new & used options and get the best deals for Functional Training for Sports: Superior Conditioning for Today's Athlete by Mike Boyle (Paperback, 2003) at the best online prices at eBay! Free delivery for many products! {"modules": ["unloadOptimization","bandwidthDetection"],"unloadOptimization":{"browsers":{"Firefox":true,"Chrome":true}),"bandwidthDetection":{"url":"https://ir.ebaystatic.com/cr/v/c1/thirtysevens.jpg","maxViews":4,"imgSize":37,"expiry":300000,"timeout":250}}. eBay. > Books, Comics & Magazines. > Non-Fiction. Share - Functional Training for Sports: Superior Conditioning for Today's Athlete by Mike Boyle (Paperback, 2003). Functional Training for Up until about 40 years ago, most athletes were told to avoid resistance training because the misperception was that strength training would actually reduce their athletic performance. Of course, we now know that a proper strength and conditioning program is essential for athletes who want to reduce their risk of injury and enhance their performance. Athletic performance is based on a number of skills that can be developed through a sports conditioning program. This particular program focuses on improving both muscular strength and power using a technique called post-activation potentiation (P

Functional training has its roots in professional sports, where specific movement sequences are trained that have a direct transfer to the athlete's sport. Hence the word part "functional". It is based on the function that the body parts have to fulfil during the game or competition. Muscles are not seen as lone fighters, but as gears in a clockwork. Training for everyday use. Since functional training often gets by with your own body weight as training resistance, it can be scaled very well and is suitable not only for professional athletes, but also for everyday athletes. It quickly brings improvements in everyday situations where the interaction of entire muscle chains plays an important role. For example, when carrying a water tray or heavy shopping bags. Functional Training for Sports, Rehabilitation, Strength & Conditioning. Today I finished the course of Kettlebell Training run by Senior Coach Giacomo Longo and I must admit that, even though it is my fourth course with the WTA, there is always, always, something to learn and the teacher was impeccable with his desire to transmit and his exceptional physical and theoretical preparation. Emidia Manzella - 30 years old / Functional Training Athlete - Aprilia (Italy). I am a Fitness enthusiast and I have followed Evgenia with her System of Female Functional Training for a few years at a distance. New Functional Training for Sports is a refined and expanded version of Boyle's original work published more than a decade previously. This edition offers the most current functional training expertise to apply to your specific purposes. Add to cart. You May Also Like. Advanced Certifications. Master Personal Trainer. Master Wellness Coach. Advanced Personal Trainer. Find many great new & used options and get the best deals for Functional Training for Sports: Superior Conditioning for Today's Athlete by Mike Boyle (Paperback, 2003) at the best online prices at eBay! Free delivery for many products! {"modules": ["unloadOptimization", "bandwidthDetection"], "unloadOptimization": {"browsers": {"Firefox": true, "Chrome": true}}, "bandwidthDetection": {"url": "https://ir.ebaystatic.com/cr/v/c1/thirtysevens.jpg", "maxViews": 4, "imgSize": 37, "expiry": 300000, "timeout": 250}}. eBay. > Books, Comics & Magazines. > Non-Fiction. Share - Functional Training for Sports: Superior Conditioning for Today's Athlete by Mike Boyle (Paperback, 2003). Functional Training for Sports: Superior Conditioning for Today's Athlete by Mike Boyle (Paperback, 2003).