

Functional Training Handbook

By Craig Liebenson DC

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Reach a whole new level of physical training with *Functional Training Handbook*, whose big-picture approach to movement fosters lifelong health, mobility, and athletic development. This practical guide delivers clear, how-to-information, an array of sport-specific guidelines, and key principles that will keep your clients at peak performance.

Join the revolution to improve sports performance, treat injury, and re-train patterns with this comprehensive guide to the body and its movement.

Features:

- Sport specific chapters include Baseball, Basketball, Cycling, Dance, Football, Golf, Hockey, Mixed Martial Arts, Olympic Weight Lifting, Skiing, Soccer, Swimming, Surfing, and Tennis.
- Emphasis on functional exercise explores the physics of weight-bearing and balance to reduce repetitive motion injuries
- Guides to injury prevention, safe workouts, re-injury avoidance, and practical strategies for active athletes

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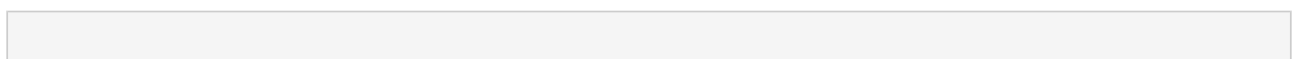
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Editorial Review

Review

'captures the **training** and **rehabilitation** necessary for **effective sports performance**'

'**bridge the gap** between **training** and **rehabilitation**, as well as coaching, so that athletes can return to play'

'**level of detail** in this book is impressive'

'focuses on athletes at **all stages of expertise** and at **different age ranges**, from childhood to older adulthood'

'illustrations do a fine job of depicting the procedures the book describes'

'an **appealing, well-designed book**'

'Addition of the **ebook is quite useful**, especially because it provides additional tools, such as an indexing tool and a highlighting tool.'

-Doodys Publishers' Club, Friday, July 18, 2014

Weighted Numerical Score: 97 - 5 Stars!

Users Review

From reader reviews:

Mack Washburn:

This Functional Training Handbook are generally reliable for you who want to be a successful person, why. The main reason of this Functional Training Handbook can be among the great books you must have will be giving you more than just simple reading through food but feed you actually with information that possibly will shock your previous knowledge. This book is actually handy, you can bring it just about everywhere and whenever your conditions in the e-book and printed types. Beside that this Functional Training Handbook forcing you to have an enormous of experience like rich vocabulary, giving you tryout of critical thinking that we all know it useful in your day pastime. So , let's have it appreciate reading.

John Pasko:

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