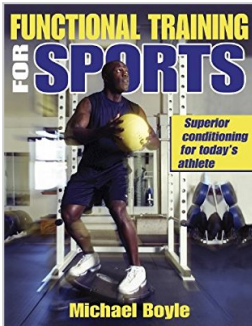


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## Functional Training for Sports

By Michael Boyle

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### Functional Training for Sports By Michael Boyle

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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 Training for Sports* your key to today's most effective and efficient training!

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*"Mike Boyle knows how to get results. He helped me reach my full playing potential, and in Functional Training for Sports he'll show you how to condition your body to perform its best during competition."*

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Detroit Red Wings

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