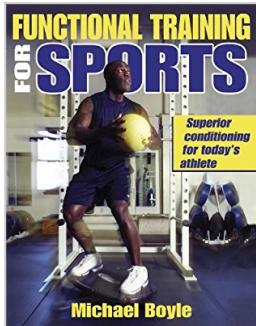


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Functional Training for Sports

By Michael Boyle

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Functional Training for Sports By Michael Boyle

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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 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.”

Brendan Shanahan
Detroit Red Wings

“With Functional Training for Sports you can become stronger and faster than ever. Boyle's system works! He helped me reach my dream of being a professional football player and enabled me to perform better than my peers.”

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San Diego Chargers

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“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 divides regimens into training for the torso, the upper body, and lower body. The exercises focus on improving total athleticism, enhancing performance, improving stability and reaction time, and reducing injury. The exercises are demonstrated in black and white photos.” Copyright © 2004 Book News, Inc.

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