



Advances in Functional Training: Training Techniques for Coaches, Personal Trainers and Athletes

By Michael Boyle

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In the seven years since the publication of his first book, Functional Training for Sports, new understanding of functional anatomy created a shift in strength coaching. With this new material, Coach Boyle presents the continued evolution of functional training as seen by a leader in the strength and conditioning field.

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Editorial Review

Review

In the seven years since the publication of his first book, *Functional Training for Sports*, new understanding of functional anatomy created a shift in strength coaching. With this new material, Coach Boyle presents the continued evolution of functional training as seen by a leader in the strength and conditioning field. Mike Boyle is a pioneer in the strength and conditioning field. While he's been at it over 25 years, he's never afraid to consider new ideas or to change his thought process in regard to training. Quite simply, *Advances in Functional Training* should be a staple in every coach and trainer's library. --Mike Robertson, Robertson Training Systems

Mike Boyle is the Godfather of performance training, and he's influenced countless others to become efficient and effective strength and conditioning coaches over the decades. He's a real-life practitioner, one with the experience of literally thousands of clients over the years. --Robert dos Remedios, CSCS, SCCC, 2006 NSCA Collegiate Strength & Conditioning Professional of the Year

We would be hard-pressed to find someone who has contributed more to the science and practice of keeping athletes healthy and performing at high levels than Michael Boyle. In this new book, he'll make you question what you've done in the past, re-evaluate what you're doing now, and motivate you to think for yourself in the future. --Eric Cressey, Cressey Performance

About the Author

As a speaker, writer, coach and consultant, Michael Boyle is a popular contributor in the area of performance enhancement training. He has been involved in training and rehabilitation of a wide range of athletes in every major collegiate and professional sport, including the US Women's Olympic teams in soccer and ice hockey. Mike's work has been featured in the media on HBO RealSports, ESPN, CNNSI, as well as in Sports Illustrated and USA Today. This is his third book on functional training for athletics.

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Charles Brewster:

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