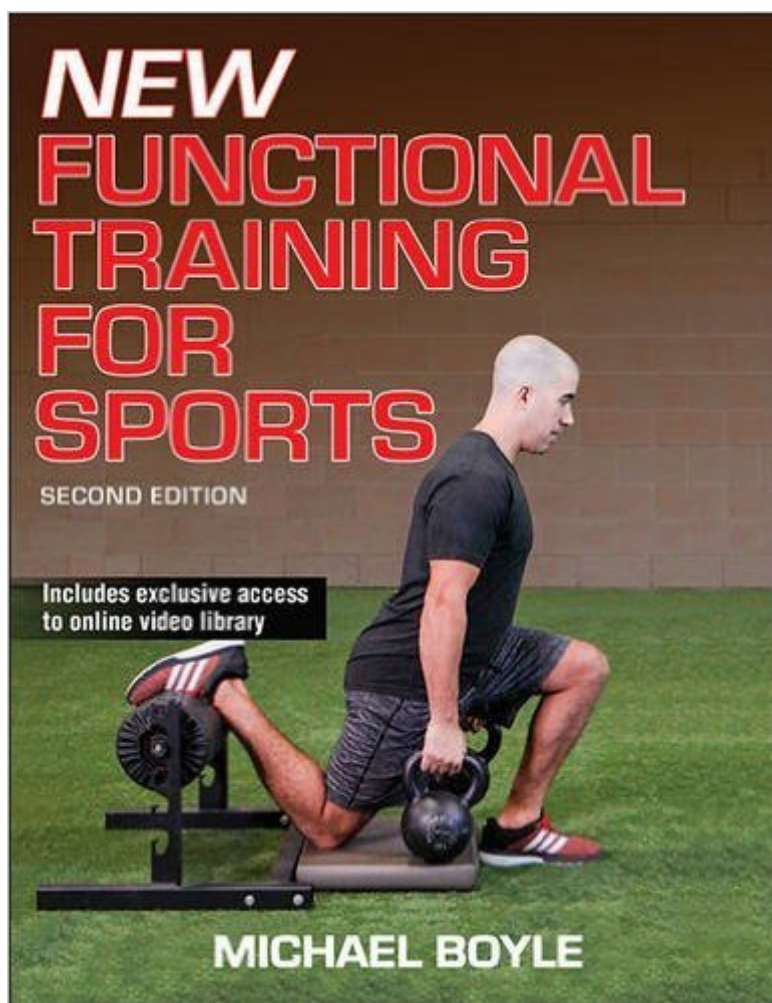


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# New Functional Training For Sports 2nd Edition



## Synopsis

Train to perform at the highest level with the lowest risk of injury. *New Functional Training for Sports, Second Edition* produces the best results on the court, field, track, and mat, not just in the weight room. Michael Boyle, one of the world's leading sport performance coaches, presents the concepts, methods, exercises, and programs that maximize athletes' movements in competition. A series of functional assessments help in determining the design of a specific plan for each athlete. Self-reinforcing progressions in exercises for the lower body, core, upper body, and ultimately total body give athletes the balance, proprioception, stability, strength, and power they require for excelling in their sports. Sample programs assist in the customization process and ensure each aspect of preparation for physical performance. Boyle also draws on the latest research and his wealth of experience to offer programming advice and recommendations on foam rolling, stretching, and dynamic warm-ups. *New Functional Training for Sports* goes beyond traditional exercise descriptions and explanations, incorporating full-color, high-definition composites of foundational movements as well as online access to video demonstrations, commentary, and analysis of key exercises. *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. v

## Book Information

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## Customer Reviews

Mike Boyle delivers! If you want to know what one of the brightest minds in the fitness industry is doing to get amazing results, then get this book. He doesn't hold anything back - you get the

background info, the theory, the practical application, the programming and even access to exclusive videos on how to coach the exercises correctly. Pretty amazing deal for such a little bit of money. I've been reading, watching and going to see Mike for over a decade. He is one of the few sources of legit info in our industry because he has been there, done that and is still doing it. He doesn't just train a few folks (or merely himself) and then spin a bunch of articles online to make himself famous. He is the real deal. Also, I can't believe I'm the first to write a review! 15 years on and this is the first time:-).

If you are a personal trainer, strength coach, general fitness enthusiast looking for a solid "cook book" and plan look no further. I have been reading and following Coach Boyle for over eight years and have always enjoyed his keep it simple philosophy that includes testing his methods and changing them when it isn't working. It's a pleasure to read how he assesses his athletes and uses this simple philosophy. If you are looking for sound ideas that are tested and can help you build your training philosophy this is the book for you. Especially since this book covers many areas such as assessment, program design, speed training, dynamic warm ups. Everything is here to help you understand what Mike does in his facility.

Utilizing a more integrated approach than traditional strength training (which generally works one or two muscles in isolation), functional training prepares athletes for their sports by using exercises that train the muscles the same way they're used in the sport- collectively as a whole. "New Functional Training For Sports" walks athletes through the ins-and-outs of assessing their functional strength and designing a custom program to fit their individual needs. Includes an exhaustive collection of exercises with color photos and troubleshooting, all conveniently organized into chapters such as:-foam rolling, stretching, and dynamic warm-up-lower body training-core training-upper body training-plyometric training-olympic lifting-performance enhancer programs The book also provides readers with access to online videos including 71 clips demonstrating many of the exercises found in the book. This is a large book (8.4 x 10.9 inches, 256p.) with thicker/quality pages that make it easier to flip through, and lots of photos to really help you understand what the exercises are supposed to look like. Overall, extremely thorough yet well broken-down to make it easy to read and understand. A great book that's loaded with information and tips, and I would say an invaluable resource to anyone who is seriously interested in competitive sports or a sports career. Disclaimer: I received a free copy of this book in exchange for an honest review.

I'm definitely old school when it comes to sports. I always believed that playing a sport was the best way to get better. As I've progressed through the years, it's clear that I was wrong. Now I know that I need to do as much conditioning as I do practice for my sports (tennis, table tennis and aikido). This book is a great resource of exercises for all sports and even maintaining fitness and flexibility as one ages (I'm in this group for sure). Some of the exercises can be daunting and that's ok. Don't expect to pick them all up at once. Just find some that find you goals and add them to you fitness routine. You'll be glad you did.

Tremendous edition! Boyle is THE authority on modern functional training for athletes of all ability levels. The second edition refines the first edition by including Boyle's years worth of additional training and testing of movements, principals, and progressions since the original Functional Training for Sports was published. That's what's so great about Boyle's publications: he seemingly holds nothing back. Rather than rely on theory, Boyle educates the reader on what programming principals and movements actually produce results and why. Highly recommend for coaches and athletes alike. You will not be disappointed, although you may find yourself rethinking your current programming.

Fantastic all around strength and conditioning program. If you are a young aspiring athlete or just wanting to improve your strength and endurance this book is for you. The exercises are simple and direct. The book describes which muscle groups are involved in each exercise and gives practical advise about how to approach each specific exercise so as to maximize the benefit over time. The description of the progression a participant should take with each exercise and the charts that describe the approach over time is very helpful. The book encourages and provides an area to report your goals and progress as well as the experience you have with the exercise is useful as well. Overall well illustrated and easy to follow.

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