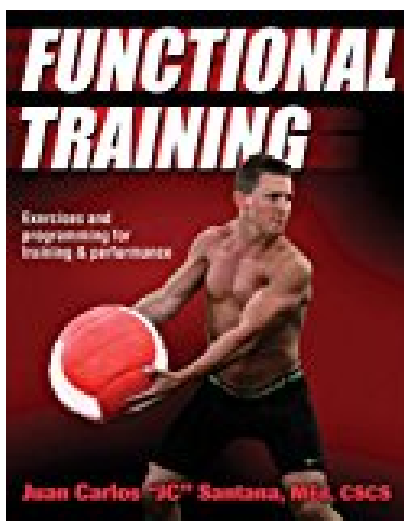


# Functional Training

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## BOOK DETAILS

- Author : Juan Carlos JC Santana
- Pages : 288 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 1450414826

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## BOOK SYNOPSIS

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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