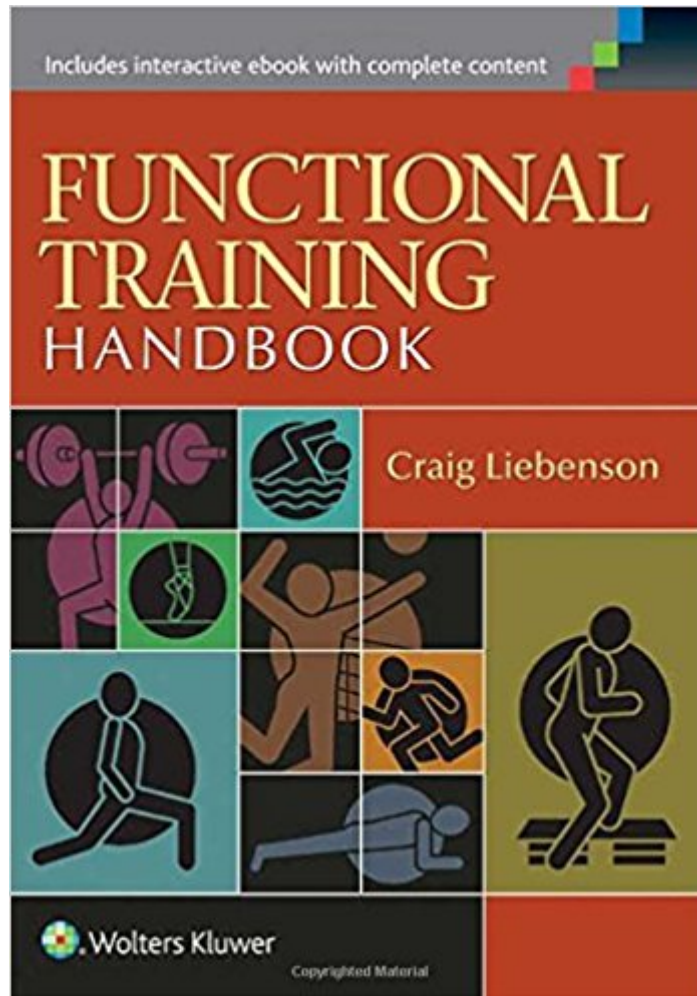




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# Functional Training Handbook



## Synopsis

Reach a whole new level of physical training with *Functional Training Handbook*, whose big-picture approach to movement fosters lifelong health, mobility, and athletic development. This practical guide delivers clear, how-to- information, an array of sport-specific guidelines, and key principles that will keep your clients at peak performance. Join the revolution to improve sports performance, treat injury, and re-train patterns with this comprehensive guide to the body and its movement.

• Features: Sport specific chapters include Baseball, Basketball, Cycling, Dance, Football, Golf, Hockey, Mixed Martial Arts, Olympic Weight Lifting, Skiing, Soccer, Swimming, Surfing, and Tennis.

• Emphasis on functional exercise

• Explores the physics of weight-bearing and balance to reduce repetitive motion injuries

• Guides to injury prevention, safe workouts, re-injury avoidance, and practical strategies for active athletes

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## Book Information

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## Customer Reviews

“captures the training and rehabilitation necessary for effective sports performance”;

“bridge the gap between training and rehabilitation, as well as coaching, so that athletes can

return to play&#39; &#39;level of detail in this book is impressive&#39; &#39;focuses on athletes at all stages of expertise and at different age ranges, from childhood to older adulthood&#39; &#39;illustrations do a fine job of depicting the procedures the book describes&#39; &#39;an appealing, well-designed book&#39; &#39;Addition of the ebook is quite useful, especially because it provides additional tools, such as an indexing tool and a highlighting tool.&#39; Â -Doodys Publishers&#39; Club, Friday, July 18, 2014 Â Weighted Numerical Score: 97 - 5 Stars!

Dr. Craig Liebenson has once again out done himself by bringing together the greatest minds of the Movement Renaissance! Although very detailed this book is easy to read and is written in a smooth, easy to follow format. The information contained within it is priceless! A MUST HAVE for anyone involved in fitness, athletic performance, or rehabilitation!

Amazing collection of authors bringing their knowledge of movement and rehab to the performance arena. I highly recommend for any movement/manual therapist

Great book! Definitely worthwhile reading. I bought it because of the Prague School chapter, however there are lots of new and interesting information and many different paradigms are presented. The only drawback is that the chapters are written with the different quality. The biggest discovery for me was the introduction of LTAD.

Good book to review what you should already know if you are a rehab professional. It also is a handy reference guide to have around too

Dr. Liebenson has done it again! Another must have in the library if you help people in pain or in sports performance. Great insight to functional training from the brightest minds in the field.

As a coach this was good info, some of it was beyond my understanding.

Highly recommended. Rly bridging the gap between training and rehabilitation.

excellent book, with wast amount of information's

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