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Excerpt

Advances in Functional Training: Training Techniques for Coaches, Personal Trainers and Athletes Advances in Functional Training Series: Author: Michael Boyle: Publisher: On Target Publications, LLC, 2012: ISBN: 1931046042, 9781931046046: Length: 315 pages : Export Citation: BiBTeX EndNote RefMan

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Advances in Functional Training - Fit 4 Sport Ltd

Advances in Functional Training is very much like Return of The Jedi, whilst it stands up on its own, it becomes even more insightful when you understand the evolution of the book and Michaels rationale. So, what can you expect from Advances in Functional Training?

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Advanced Functional Training

Advances in Functional Training by US writer and coach Michael Boyle illustrates which exercises are least and most functional with the categories broken down into specific body parts. Exercises are separated into lower-body, upper-body and torso or core strength exercises.

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Michael Boyle is the author of Advances in Functional Training (4.41 avg rating, 286 ratings, 13 reviews, published 2010), Functional Training for Sports...

Michael Boyle (Author of Advances in Functional Training)

Advances in Functional Training: Training Techniques for Coaches, Personal Trainers and Athletes
Paperback - Jan. 10 2010 by Michael Boyle (Author), Alwyn Cosgrove (Foreword), Mark Verstegen (Introduction) 4.6 out of 5 stars 111 ratings See all 8 formats and editions

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Training Techniques for ...

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While in *Advances* the exercise descriptions were limited, in *New Functional Training*, the descriptions are the meat of the book, and exercise philosophy is more like the bread, whereas in *Advances*, that analogy doesn't fit as well—the exercise descriptions took a secondary role.

Mike Boyle's New Functional Training for Sports vs Advances

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