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Functional Training Handbook

Craig Liebenson

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Functional Training Handbook

Craig Liebenson

Functional Training Handbook Craig Liebenson
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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