Functional Training for Sports: Superior Conditioning for Today's Athlete

By Mike Boyle

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Functional Training for Sports: Superior Conditioning for Today's Athlete, Mike Boyle, Reach a higher level of athleticism with "Functional Training for Sports"! Functional training is a complete system of athletic development that focuses on training the body the way it will be used in competition, making it the most efficient and effective form of training today. Author Mike Boyle, renowned strength and conditioning coach formerly with the Boston Bruins, addresses movement, body positions, and abilities that are essential for success in competition. Through "Functional Training for Sports", you will improve your total athleticism, enhance your performance, and reduce injuries through exercise progressions that will spur your development potential for specific movement patterns you commonly use in your sport. Providing tests for you to determine where to start, the progressions focus on training for the torso, the upper body, and the lower body. The book also provides detailed programs that incorporate the exercises and methods for these progressions. As you master each progression, you will be preparing yourself to perform in any situation with notable improvements in stability and balance, reaction time, core strength, and power. This whole-body, sport-applied system makes "Functional...

Reviews

This is the finest publication we have read through right up until now. Better then never, though i am quite late in start reading this one. Its been written in an remarkably easy way in fact it is only after i finished reading through this book by which basically altered me, affect the way i think.
-- Dr. Gabriella Hayes

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A lot of athletes go for sports bars, gels, or sports drinks because they are convenient. However, fresh fruit and fruit choice are excellent options that you should opt for. Learn steps to create a healthy diet plan and ways to build a strong body with ease. In case that you lose a lot of fluid sweating, it is recommended that diluting sports drinks with the similar amounts of water to get the best balance of electrolytes and fluid.

Salt Might Be What The Doctor Ordered. Maintain nutritional conditioning not only for athletic events, but all the time. The above tips on nutrition for athletes hopefully can help you, as an athlete, to create a healthy diet plan and improve athlete performance effectively.

Leave your words at the end of this post of nutrition for athletes to let us know your thoughts. Functional Training for Sports "presents the most effective and efficient training program available today!" Kristine Lilly 15-year veteran of the U.S. women's national soccer team From Book News, Inc. "This book offers a complete method for athletic development that focuses on training the body the way it will be used in competition, in order to develop movement skills, body positions, and power for any sport. Boyle (a strength and conditioning coach formerly with the Boston Bruins) provides tests for athletes to determine their starting points for training, and then dived Functional Athlete founder Steve Mologousis training a few of our MMA & Wrestling athletes.

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https://www.functionalathlete.com/wp-content/uploads/2017/12/The-Functional-Athlete-functional_athlete-Instagram-photos-and-videos.mp4. FA Training For Kids. We're putting the kids to work with some dynamic team training drills. We love training teams & individual athletes. Contact us to discuss how our training program & coaches can take your team to the next level. Training Variations. Don’t just stick with the same boring exercises. “It's what you do away from your sport when no one is watching that will make you a champion.” Sitting on the fence never made anybody more fit. Do something positive for yourself. Join Today. Pages. Find many great new & used options and get the best deals for Functional Training for Sports: Superior Conditioning for Today's Athlete by Mike Boyle (Paperback, 2003). Functional Training for Functional Training - Craig Liebenson. Conditioning Young Athletes. Mike Boyle advanced training for sports. Boyle Template. (Juan Carlos Santana) - Functional Training - 1st Edition (2016). Functional training is best described as a continuum of exercises that teach athletes to handle their own body weight in all planes of movement. Experts emphasize that functional training trains movements, not muscles. There is no emphasis on overdeveloping strength in a particular movement; instead, emphasis is on attaining a balance between pushing and pulling strength and between knee-dominant hip extension (quadriceps and gluteals) and hip-dominant hip extension (hamstrings and gluteals).
Functional training has its roots in professional sports, where specific movement sequences are trained that have a direct transfer to the athlete’s sport. Hence the word part “functional”. It is based on the function that the body parts have to fulfill during the game or competition. Muscles are not seen as lone fighters, but as gears in a clockwork. Training for everyday use. Since functional training often gets by with your own body weight as training resistance, it can be scaled very well and is suitable not only for professional athletes, but also for everyday athletes. It quickly brings improvements in everyday situations where the interaction of entire muscle chains plays an important role. For example, when carrying a water tray or heavy shopping bags. Functional Training for Sports, Rehabilitation, Strength & Conditioning. Functional training had become the key part of my training, so I needed to find something or someone that could help me make the difference and luckily, I discovered the WTA Functional Training Academy. Absolutely the best! Today I finished the course of Kettlebell Training run by Senior Coach Giacomo Longo and I must admit that, even though it is my fourth course with the WTA, there is always, always, something to learn and the teacher was impeccable with his desire to transmit and his exceptional physical and theoretical preparation. Sport Management and Sport Business. Sports and Activities. Strength Training and Conditioning. E-PRODUCTS. Apps. e-Books. Webinars. My e-Products. Video on Demand. The print edition of New Functional Training for Sports, Second Edition, includes an exclusive code that grants online access to supplemental video content. View online video. Tools. Contact. Customer Service. Support. Other Editions and Free Materials. Reach a higher level of athleticism with "Functional Training for Sports"! Functional training is a complete system of athletic development that focuses on training the body the way it will be used in competition, making it the most efficient and effective form of training today. Author Mike Boyle, renowned strength and conditioning coach formerly with the Boston Bruins, addresses movement, body positions, and abilities that are essential for success in competition. Vern Gambetta and Gary Gray, two recognized experts on functional training, state, “Single joint movements that isolate a specific muscle are very non functional.” 3 Functional Training for Sports. athlete is by definition performing open-chain muscle action. Open-chain means that.