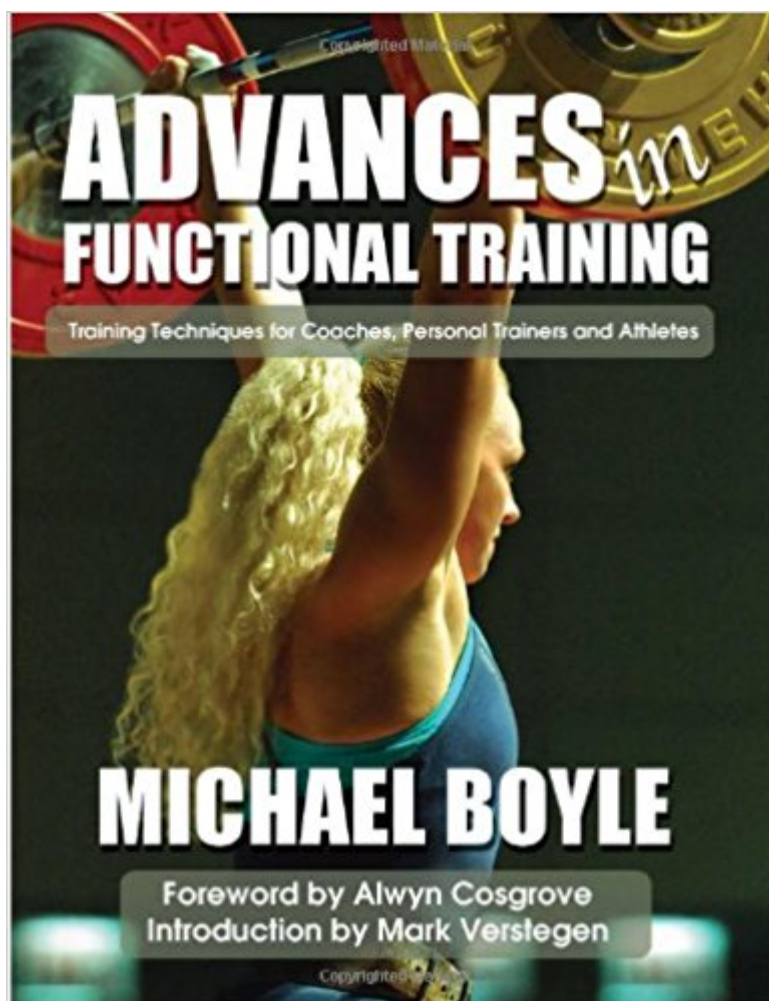


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# Advances In Functional Training: Training Techniques For Coaches, Personal Trainers And Athletes



## 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.

## Book Information

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## Customer Reviews

If you're reading this review, you likely know what functional training is and probably know far more than I do about it. But for those who may not know, let me clarify. At its most basic, functional training is a classification of exercise which involves training the body for the activities performed in daily life. So my interest in it is to make the second half of my life full of quality. I know that as we age we lose a tremendous amount of muscle, strength and power. To be able to lift large sacks of groceries and throw 50 pounds of dog food on your shoulder and take it to the basement without pain or effort, is functional to me. I'm not training for the NFL. So, to a large extent, this book isn't written to me. In fact, the real audience for this book are coaches, personal trainers and athletes. The author tells us, "Coaches need to move forward in their programming and use exercises that make sense and will actually reduce the potential of injury." That's the basis of the ideas in this book. Exercises that make sense and reduce the potential of injury. ACE (American Council on Exercise) says, "At the extreme, some individuals believe that by mimicking the explosive, ballistic activities of high-level competitive athletes, they are training in a functional

manner. All too often, however, such training programs greatly exceed the physiological capabilities of the average exerciser, which ultimately increases the possibility that an injury might occur. Most would agree that there is nothing functional about sustaining an injury due to improper training." So the author, using many sources and resources, teaches the safe way to train for function.

As an avid exerciser, I have found some excellent programs (e.g. Mark Verstegen's "Core Performance" The Core Performance: The Revolutionary Workout Program to Transform Your Body & Your Life), but eventually muscular adaptation and psychological boredom demand mixing up one's routine. Beyond searching for the "next best" workout, I have been eager to expand my knowledge about the underlying rationale for various workout programs, so that I could continually vary a routine of my own design. I am not a weekend warrior, and my days of varsity athletics are long behind--but I do have some old injuries (an ACL given up to the game of lacrosse) and am committed to being active well into my later years. So from this perspective, functional training is intensely interesting me. I have no advanced training in athletic training, kinesiology, or any related fields, but this book is so rich in insights, that I feel much more well equipped to evaluate and craft a complete exercise program than the typical personal trainer at the local gym.

I don't like flavor - of - the - day fitness books, with pretty models demonstrating the latest fitness fad. I like solid, practical information that I can actually use, that helps me train, improve, and stay healthy and injury free. This is my kind of book. In my opinion, Mike Boyle's background sets him apart from the pack. As a physical therapist, he has a strong academic background and is an actual health care provider. He's a prolific writer with original ideas and a cogent, consistent approach. He's worked with athletes at all levels in a variety of sports, for a long time. Functional training - this idea has been so talked-about, used and misused, that it is in danger of losing its original meaning. Boyle is "old school" functional training: training methods that are aimed at developing the body in the ways that it is naturally designed to work, the way that it functions best on the track, in the field, and on the job. Not pointless stunts in the gym, done with rubber balls, bongo boards, etc. This book is really dense with information. Personally I am irritated when I buy a fitness related book and find it is mostly pictures of someone in under-armour demonstrating exercises, with very little information on why to do the exercises, and how to put a program together. This book is the opposite: detailed, well thought out information on everything from the rotator cuff to the forty yard dash times to Olympic lifting to periodization to ... you get the point. For example, in one chapter he discusses treadmills with some very surprising information about a type of treadmill that is less well known but for most

people far superior to most of the treadmills on the market.

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