



Functional Training for Sports

Michael Boyle

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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 Training for Sports* your key to today's most effective and efficient training!

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