

Functional Training Handbook

By Craig Liebenson DC

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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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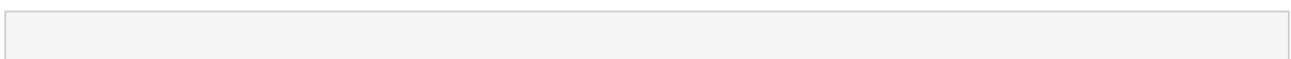
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Functional Training Handbook By Craig Liebenson DC Bibliography

- Sales Rank: #211827 in Books
- Brand: imusti
- Published on: 2014-07-03
- Original language: English
- Number of items: 1
- Dimensions: .64" h x 7.01" w x 10.05" l, .0 pounds
- Binding: Paperback
- 472 pages



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Editorial Review

Review

'captures the **training** and **rehabilitation** necessary for **effective sports performance**'

'**bridge the gap** between **training** and **rehabilitation**, as well as coaching, so that athletes can return to play'

'**level of detail** in this book is impressive'

'focuses on athletes at **all stages of expertise** and at **different age ranges**, from childhood to older adulthood'

'illustrations do a fine job of depicting the procedures the book describes'

'an **appealing, well-designed book**'

'Addition of the **ebook is quite useful**, especially because it provides additional tools, such as an indexing tool and a highlighting tool.'

-Doodys Publishers' Club, Friday, July 18, 2014

Weighted Numerical Score: 97 - 5 Stars!

Users Review

From reader reviews:

Gary Bloomfield:

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amount of stress from both way of life and work. So , once we ask do people have extra time, we will say absolutely indeed. People is human not really a huge robot. Then we request again, what kind of activity have you got when the spare time coming to you of course your answer will unlimited right. Then do you try this one, reading guides. It can be your alternative with spending your spare time, often the book you have read is actually Functional Training Handbook.

Keith Robertson:

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