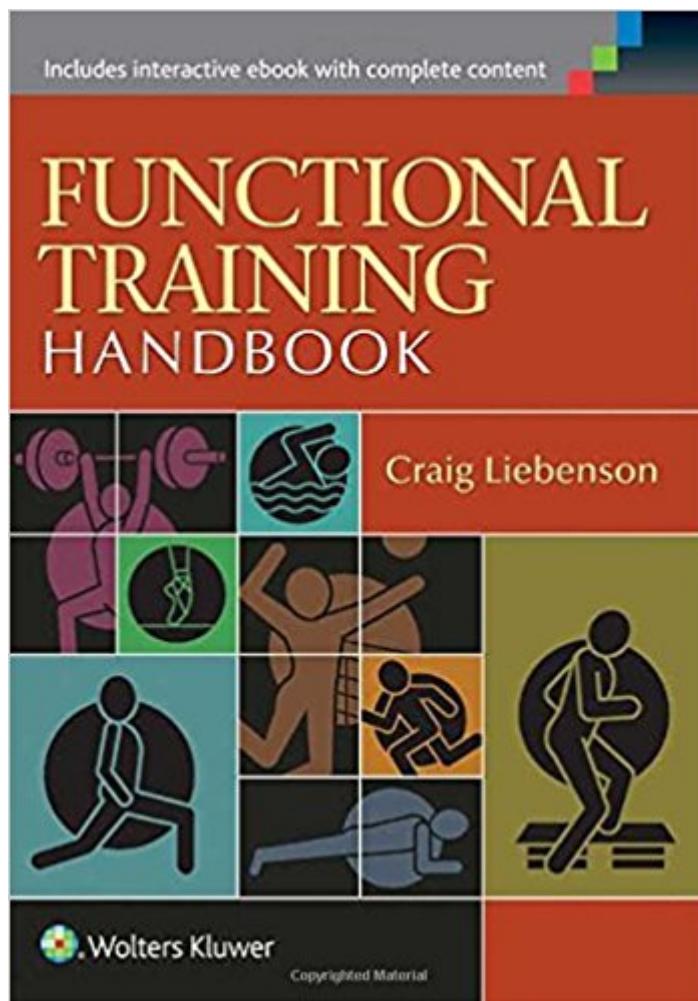


The book was found

# Functional Training Handbook



## Synopsis

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. Now with the print edition, enjoy the bundled interactive eBook edition, offering tablet, smartphone, or online access to: Complete content with enhanced navigation. A powerful search that pulls results from content in the book, your notes, and even the web. Cross-linked pages, references, and more for easy navigation. Highlighting tool for easier reference of key content throughout the text. Ability to take and share notes with friends and colleagues. Quick reference tabbing to save your favorite content for future use.

## Book Information

Paperback: 472 pages

Publisher: LWW; First edition (July 3, 2014)

Language: English

ISBN-10: 1582559201

ISBN-13: 978-1582559209

Product Dimensions: 10 x 7 x 0.6 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 22 customer reviews

Best Sellers Rank: #167,724 in Books (See Top 100 in Books) #20 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Chiropractic #31 in Books > Books > Medical Books > Allied Health Professions > Chiropractic #282 in Books > Textbooks > Medicine & Health Sciences > Allied Health Services > Physical Therapy

## Customer Reviews

&#39;captures the training and rehabilitation necessary for effective sports performance&#39;

&#39;bridge the gap between training and rehabilitation, as well as coaching, so that athletes can return to play&#39; &#39;level of detail in this book is impressive&#39; &#39;focuses on athletes at all stages of expertise and at different age ranges, from childhood to older adulthood&#39; &#39;illustrations do a fine job of depicting the procedures the book describes&#39; &#39;an appealing, well-designed book&#39; &#39;Addition of the ebook is quite useful, especially because it provides additional tools, such as an indexing tool and a highlighting tool.&#39; Å Ä -Doodys Publishers&#39; Club, Friday, July 18, 2014 Å Ä Weighted Numerical Score: 97 - 5 Stars!

Dr. Craig Liebenson has once again out done himself by bringing together the greatest minds of the Movement Renaissance! Although very detailed this book is easy to read and is written in a smooth, easy to follow format. The information contained within it is priceless! A MUST HAVE for anyone involved in fitness, athletic performance, or rehabilitation!

Amazing collection of authors bringing their knowledge of movement and rehab to the performance arena. I highly recommend for any movement/manual therapist

Great book! Definitely worthwhile reading. I bought it because of the Prague School chapter, however there are lots of new and interesting information and many different paradigms are presented. The only drawback is that the chapters are written with the different quality. The biggest discovery for me was the introduction of LTAD.

Good book to review what you should already know if you are a rehab professional. It also is a handy reference guide to have around too

Dr. Liebenson has done it again! Another must have in the library if you help people in pain or in sports performance. Great insight to functional training from the brightest minds in the field.

As a coach this was good info, some of it was beyond my understanding.

Highly recommended. Rly bridging the gap between training and rehabilitation.

excellent book, with wast amount of information's

[Download to continue reading...](#)

Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness( Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Dog Crate Training: 8 Tips to Help Your Best Friend Adjust (Dog Training, dog crate training problems, dog separation anxiety, dog potty training Book 1) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Dog Training -Train Your Dog like a Pro:The Ultimate Step by Step Guide on How to Train a Dog in obedience( Puppy Training, Pet training book) (Dog Training, ... training books, How to train a dog, Book 2) The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, ... Guide to Weight Training for Sports, 25) Puppy Training: The full guide to house breaking your puppy with crate training, potty training, puppy games & beyond (puppy house breaking, puppy housetraining, ... dog tricks, obedience training, puppy) Advances in Functional Training: Training Techniques for Coaches, Personal Trainers and Athletes Wheater's Functional

Histology: A Text and Colour Atlas, 6e (FUNCTIONAL HISTOLOGY (WHEATER'S)) Wheater's Functional Histology: A Text and Colour Atlas (Book with CD-ROM) (Functional Histology (Wheater's)) Patai's 1992 Guide to the Chemistry of Functional Groups (Patai's Chemistry of Functional Groups)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)