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.

Key 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.

Publication Year
2014

Edition
1st Ed.

Author/Editor
Liebenson, Craig

Publisher
Lippincott Williams & Wilkins (LWW)

ISBN
978-1-582-55920-9

Doody's Star Rating®
★★★★★ Score: 97

Platform
Ovid

Product Type
Book

Speciality
Exercise Science
Personal Training
Physical Therapy
Sports Medicine

Language
English

Pages
472

Illustrations
849

Included In
Lippincott Williams & Wilkins Doody's Premier Star Collection 2018