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