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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 Core Bridge Collection 2017, Lippincott Williams & Wilkins Doody's Core Collection 2017, Lippincott Williams & Wilkins Total Access Book Collection 2010, Onward, Lippincott Williams & Wilkins Total Access Book Collection 2011-2015 Bridge