



## Functional Training

By Juan Carlos Santana

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Functional Training, Juan Carlos Santana, This revolutionary approach to training and conditioning methods will improve function in any sport or activity. Offering strength, endurance, power and sport-specific exercises and programming, Functional Training is a comprehensive resource for every athlete, coach and athletic trainer. Covering the concepts, exercises, progressions and sequencing on which a sound functional training programme is based, it addresses the needs of more than 11 sports and features 135 exercises, including body weight, bands and pulleys, dumbbells and kettlebells, medicine and stability balls. Functional Training features a three-tier approach for integrating functional movements into an existing strength programme. Through assessment and analysis it identifies the movements and muscles involved in each sport, then selects the best exercises and programmes based on desired results and performance goals.



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