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FUNCTIONAL TRAINING HANDBOOK: FLEXIBILITY, CORE STABILITY AND ATHLETIC PERFORMANCE



Lippincott Williams and Wilkins, United States, 2014. Paperback. Book Condition: New. 252 x 178 mm Language: English. Brand New Book. 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 sportspecific 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...

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- Authored by Craig Liebenson
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