



## Functional Training for Athletes at All Levels

By Jim Radcliffe

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Functional Training for Athletes at All Levels, Jim Radcliffe, FUNCTIONAL TRAINING IS THE FASTEST, MOST EFFECTIVE WAY TO GET AHEAD OF THE COMPETITIONPush your muscle development and athletic abilities to incredible new heights with "Functional Training for Athletes of All Levels." Functional training conditions your body to respond to the strenuous demands of athletic competition. This method goes far beyond standard isolation movements, done sitting down, that simply increase muscular bulk. Functional training coordinates you muscles to work together to produce explosive power, tightrope-walker balance and cat-like agility. With over 100 exercises--illustrated with step-by-step photos--and 20 sportspecific workouts, "Functional Training for Athletes at All Levels" will help you acquire the athletic movement skills necessary to maximize your performance in any sport. Develop a rock-solid core for supreme stabilityStrengthen your trunk for explosive powerSharpen fast-twitch muscles for lightning-quick responsesCoordinate your muscles for full body controlEnhance your stabilizers for quick, agile movement "Functional Training for Athletes at All Levels" customized sport-specific workouts for: -Baseball-Basketball-Bicycling-Football-Golf-Gymnastics-Hockey-Lacrosse-Rugby -Skiing-Soccer-Softball-Swimming-Tennis-Track & Field-Volleyball-Wrestling.



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