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be a staple in every coach and trainer's library.

--Mike Robertson, Robertson Training Systems  
Mike Boyle is the Godfather of performance training, and he's influenced countless others to become efficient

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Training: Training Techniques for Coaches, Personal Trainers and Athletes. In the seven years since the publication of his first book, Functional Training for Sports, new understanding of functional

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anatomy created a shift in strength coaching.

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Advances in Functional Training: Training

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Techniques for Coaches,  
Personal Trainers and  
Athletes unknown Edition by  
Michael Boyle (2010)  
Paperback - January 1, 1994.  
Book recommendations, author  
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Advances in Functional  
Training. : Michael Boyle.  
On Target Publications, LLC,  
Jan 19, 2012 - 315 pages. 0



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~~Functional Training~~

~~Michael ...~~

Advances in Functional Training is very much like Return of The Jedi, whilst it stands up on its own, it becomes even more insightful when you understand the

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evolution of the book and Michaels rationale. So, what can you expect from Advances in Functional Training?

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Training: Training Techniques for Coaches, Personal Trainers and Athletes. Michael Boyle, The Joint-by-Joint Approach Excerpt. What was very likely the most influential concept in physical training

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in the past five years occurred during a casual conversation between Gray Cook and Michael Boyle.

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Training by US writer and coach Michael Boyle illustrates which exercises are least and most functional with the categories broken down into specific body parts. Exercises are separated into

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lower-body, upper-body and torso or core strength exercises.

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Quite simply, Advances in



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Mike Boyle is the Godfather of performance training, and he's influenced countless

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others to become efficient and effective strength and conditioning coaches over the decades.

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While in Advances the exercise descriptions were limited, in New Functional Training, the descriptions are the meat of the book, and exercise philosophy is more like the bread, whereas in Advances, that analogy

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doesn't fit as well—the exercise descriptions took a secondary role.

~~Mike Boyle's New Functional  
Training for Sports vs  
Advances~~

DetailsWritten by Mike

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Boyle. A compilation of writings over the last four years that have been joined together to explore the continued evolution of functional training (315 pgs) .

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~~Advances in Functional Training Book — Perform Better~~

Michael Boyle is the author of Advances in Functional Training (4.40 avg rating, 292 ratings, 14 reviews, published 2010), New

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Functional Training for  
Sp...

~~Michael Boyle (Author of  
Advances in Functional  
Training)~~

Synopsis. Expand/Collapse

Synopsis. In the seven years

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since the publication of his first book, *Functional Training for Sports*, new understanding of functional anatomy created a shift in strength coaching. With this new material, Coach Boyle presents the continued



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evolution of functional training as seen by a leader in the strength and conditioning field.

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publication of his first book, *Functional Training for Sports*, new understanding of functional anatomy created a shift in strength coaching. With ...

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Training is like a text  
book; it is densely packed  
with information on training  
in the broadest sense of the  
word. Michael Boyle's  
concept of training includes

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an in depth understanding of how the musculoskeletal system functions on a muscle by muscle and joint by joint basis, optimal techniques for specific training objectives, and the prevention and treatment of

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sports related injuries.

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5.0 out of 5 stars Advances in Functional Training  
Reviewed in Canada on April

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# Read PDF Advances In Functional Training

16, 2010 This book is one of the finest publications in the Fitness Industry in the last 25 years written by Mike Boyle, one of the foremost Strength and Conditioning Coaches in the World.

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