

The Complete Guide to Functional Training (Complete Guides)

By Allan Collins

As well as being THE concept in fitness and strength and conditioning, functional training is also probably the most poorly understood concept in fitness.

Functional training is any exercise that improves your ability to perform tasks required in your day to day life, job or chosen sport - so that each movement included as part of your workout mimics a range of motion or engages muscles that are necessary to impact on performance - whether it be on the rugby pitch or simply the ability to lift small children out of car seats.

Includes over 100 functional exercises and detailed pictures and descriptions of all the techniques show you clearly how to apply them into your training programme.

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About the Author

Allan Collins has worked in the fitness industry for over 15 years, providing training courses in the UK and overseas, writing for *Men's Health* and *Men's Fitness* and working for BUPA as an exercise physiologist. He is the Director of Education at Jordan Training Academy, the leading provider of endorsed education in the fitness industry. He is the author of *The Complete Guide to Kettlebell Training*.

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