

# Advances In Functional Training

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Advances in Functional Training: Training Techniques for Coaches, Personal Trainers and Athletes  
Advances in Functional Training Series: Author: Michael Boyle: Publisher: On Target Publications, LLC, 2012: ISBN: 1931046042, 9781931046046: Length: 315 pages : Export Citation: BiBTeX  
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Advances in Functional 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 lower-body, upper-body and torso or core strength exercises.

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### **Occupational Therapists, Saint John, NB | Functional Advances**

Michael Boyle is the author of Advances in Functional Training (4.41 avg rating, 286 ratings, 13 reviews, published 2010), Functional Training for Sports...

### **Michael Boyle (Author of Advances in Functional Training)**

Advances in Functional Training: Training Techniques for Coaches, Personal Trainers and Athletes Paperback - Jan. 10 2010 by Michael Boyle (Author), Alwyn Cosgrove (Foreword), Mark Verstegen (Introduction) 4.6 out of 5 stars 111 ratings See all 8 formats and editions

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

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