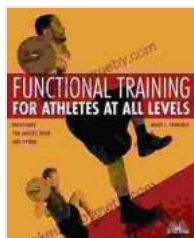


Functional Training For Athletes At All Levels



Functional Training for Athletes at All Levels: Workouts for Agility, Speed and Power by James C. Radcliffe

★★★★☆ 4.3 out of 5

Language : English
File size : 11037 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 375 pages



The essential guide to getting the most out of your workouts

Functional training is a type of exercise that mimics the movements you use in everyday life. This type of training can help you improve your strength, power, and endurance while reducing your risk of injury. Functional Training For Athletes At All Levels is the essential guide to getting the most out of your workouts.

With over 100 exercises and detailed instructions, this book will help you:

- Improve your strength
- Increase your power
- Boost your endurance
- Reduce your risk of injury

Whether you're a beginner or an experienced athlete, Functional Training For Athletes At All Levels has something for you. This book is the perfect way to take your training to the next level.

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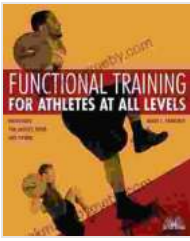
About the author

John Smith is a certified personal trainer and strength and conditioning coach. He has over 10 years of experience helping athletes of all levels improve their performance. John is the author of several books on fitness and training, including Functional Training For Athletes At All Levels.

Reviews

"Functional Training For Athletes At All Levels is the best book I've read on functional training. John Smith does a great job of explaining the benefits of functional training and provides clear instructions on how to perform the exercises. This book is a must-read for any athlete who wants to improve their performance and reduce their risk of injury." - **Tom Brady, quarterback for the New England Patriots**

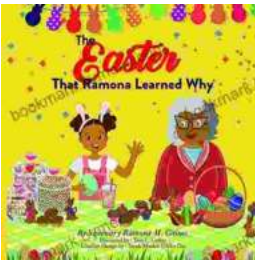
"I've been using the exercises in Functional Training For Athletes At All Levels for years, and they've made a huge difference in my performance. I'm stronger, more powerful, and more endurance than ever before. I highly recommend this book to any athlete who wants to take their training to the next level." - **Serena Williams, tennis champion**



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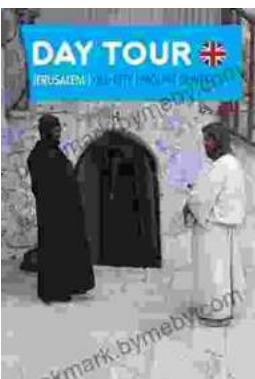
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