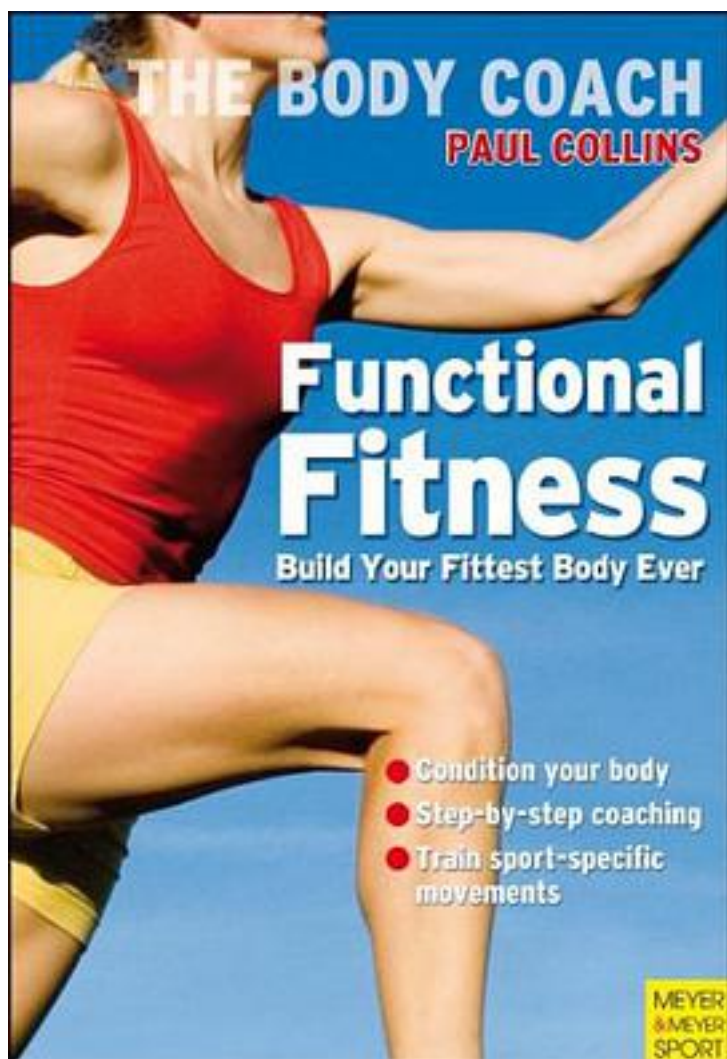


Functional Fitness



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著者:Collins, Paul

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This title provides readers with an invaluable guide to conditioning your body for improved power, agility, and overall fitness. This superb new volume - for men and women - from award-winning personal fitness trainer Paul Collins, presents readers with practical, easy-to-follow exercises to condition your body for athletic and sports performance. "Functional Fitness" provides step-by-step coaching advice and workouts utilizing body weight, fitness balls, medicine balls, plyometrics, resistance bands, stability and speed training equipment - all of which have been specifically designed to coordinate your muscular framework for improved dynamic agility and power. This is a must-have volume for anyone interested in dramatically improving their sporting and athletic performance.

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