

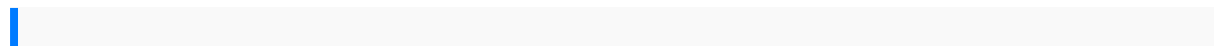
# Advances in functional training michael boyle

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### What is functional training Mike Boyle?

**What is the Mike Boyle method?** The Mike Boyle Strength and Conditioning program is based on consistent, continual coaching. Every group is led by a coach through proper stretching and warm-up and then taken through the entire program by a group of coaches.

**Is functional training the same as HIIT?** The goal of HIIT is to push your body to its maximum effort, leading to increased calorie burn and improved cardiovascular health. Functional training, on the other hand, focuses on exercises that mimic everyday movements.



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ii

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