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Train to perform at the highest level with the lowest risk of injury. New Functional Training for Sports, Second Edition produces the best results on the court, field, track, and mat, not just in the weight room. Michael Boyle, one of the world's leading sport performance coaches, presents the concepts, methods, exercises, and programs that maximize athletes' movements in competition. A series of functional assessments help in determining the design of a specific plan for each athlete. Self-reinforcing progressions in exercises for the lower body, core, upper body, and ultimately total body give athletes the balance, proprioception, stability, strength, and power they require for excelling in their sports. Sample programs assist in the customization process and ensure each aspect of preparation for physical performance. Boyle also draws on the latest research and his wealth of experience to offer programming advice and recommendations on foam rolling, stretching, and dynamic warm-ups. New Functional Training for Sports goes beyond traditional exercise descriptions and explanations, incorporating full-color, high-definition composites of foundational movements as well as online access to video demonstrations, commentary, and analysis of key exercises. New Functional Training for Sports is a refined and expanded version of Boyle's original work published more than a decade previously. This edition offers the most current functional training expertise to apply to your specific purposes.

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