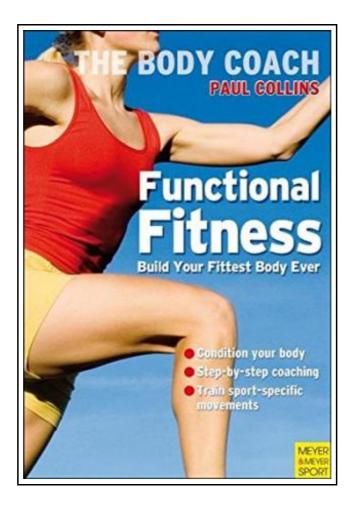
# **Functional Fitness**



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## Reviews

The book is great and fantastic. It is writter in straightforward words and phrases rather than difficult to understand. You wont really feel monotony at at any time of your respective time (that's what catalogues are for regarding should you question me).

(Payton Miller)

#### **FUNCTIONAL FITNESS**



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Meyer & Meyer Sport (UK) Ltd. Paperback. Book Condition: new. BRAND NEW, Functional Fitness, Paul Collins, 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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