



Functional Fitness

By Paul Collins

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.



READ ONLINE
[8.26 MB]

Reviews

This ebook can be worthy of a read, and much better than other. I have read and i am certain that i am going to planning to go through again once again in the future. You may like just how the writer compose this book.

-- **Mr. Grant Stanton PhD**

A whole new eBook with an all new standpoint. It is actually rally fascinating through reading through time period. You wont truly feel monotony at anytime of your own time (that's what catalogues are for relating to when you request me).

-- **Claire Bartell**