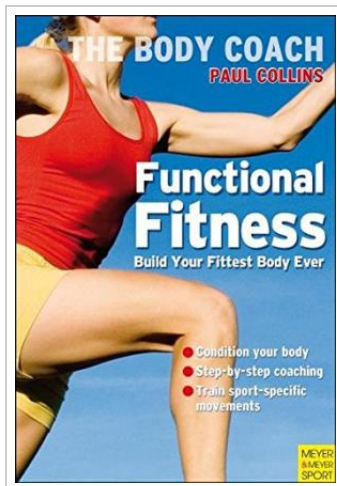




Functional Fitness

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.



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Reviews

This publication is wonderful. It really is rally interesting throgh reading period of time. I am just very easily will get a delight of reading a published book.

-- **Roma Little**

Complete guide! Its such a great study. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Dr. Hermann Marvin PhD**