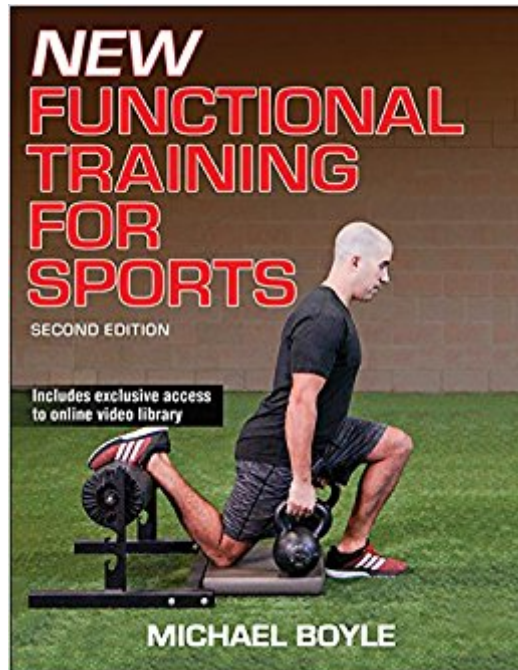




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# New Functional Training For Sports 2nd Edition



## Synopsis

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.

## Book Information

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## Customer Reviews

Hurdle jump and stick. [View larger](#) [View larger](#) Human Kinetics The Premier Publisher for Sports & Fitness. Science-based programs Authoritative advice Remarkable results

Online access to video    Full-color images    New Functional Training for Sports    Includes exclusive access to online video library    Train to perform at the highest level with the lowest risk of injury.    New Functional Training for Sports 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, 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.

Exercises are Highlighted by Full-Color, Composite Images and Online Video    [View larger](#)

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Medicine ball side throw

Single-leg lateral hurdle hop and stick

Single-leg clean or single-leg snatch

Standing

transverse chop

"Michael Boyle is one of the best applied experts in our field".    [View larger](#)

Michael Boyle has trained some of the highest-performing athletes on the face of the earth and mentored most of the strength and conditioning coaches and personal trainers on the planet. He's a true pioneer in our field and, quite honestly, a living legend. I'm proud to have learned from Mike and even prouder to call him a friend. • Alwyn Cosgrove-- Co-founder Results Fitness

Michael Boyle is one of the greatest resources in the human performance industry. Using the best science, industry standards, and his innate ability to create efficient ways to apply the learnings at scale, he is continually improving his knowledge base. New Functional Training for Sports is a great foundation for a young professional and can be an additional perspective for the best in our field. • Mark Verstegen-- President and Founder of EXOS, Performance Director, National Football League Players Association (NFLPA), Author, Every Day is Game Day and the Core Performance Series    As a two-time Olympian who has worked closely with Michael Boyle since 2009, I can say with absolute certainty that he is the best there is. Without his guidance, knowledge, and constant support, I wouldn't be half the athlete I am today. • Meghan Duggan-- Assistant Coach, Clarkson University U.S. Women's Hockey Team Captain    Mike Boyle is someone I've given my utmost respect to as a fellow coach, trainer, and fitness professional for more than 20 years. His latest book, New Functional Training for Sports, is a must-read for any fitness pro, trainer, or coach desiring maximum success for clients or athletes. If you are serious about being a

great coach, read this book and you will stay on the forefront of program design, functional training, and the latest techniques for preventing injury and maximizing performance.â • Todd Durkin, MA, CSCS-- Owner, Fitness Quest 10, Lead Training Advisor, Under Armour, Author, The Impact Body Plan Â   â œMichael Boyleâ™s New Functional Training for Sports grants you access to one of this worldâ™s elite strength and conditioning coaches.â • Kayla Harrison-- Olympic Gold Medalist, Judo   â œMichaelâ™s personalized program enables athletes to consistently perform at their best."   Gosder Cherilus-- Offensive Tackle, Tampa Bay Buccaneers

Michael Boyle is one of the foremost experts in the fields of strength and conditioning, functional training, and general fitness. He is known internationally for his pioneering work and is an in-demand speaker at strength and conditioning conferences and athletic training clinics around the world. Because of his expertise in sport performance training, Boyle has coached elite athletes on teams such as the Boston Red Sox, Boston Bruins, New England Revolution, and Boston Breakers as well as the U.S. womenâ™s Olympic teams in soccer and ice hockey. In 2012, Boyle joined the Boston Red Sox coaching staff as a strength and conditioning consultant for the team, which later won the World Series. His client list over the years reads like a Whoâ™s Who of athletic success, including retired American football defensive end Marcellus Wiley, 2012 Olympic judo gold medalist Kayla Harrison, and Liverpool striker Daniel Sturridge. Boyle was the head strength and conditioning coach at Boston University from 1984 to 1997. From 1990 to 2012 he was the strength and conditioning coach for menâ™s ice hockey at BU. Boyle provides performance-enhancement training for athletes of all levels through his Boston-based gym, Mike Boyle Strength and Conditioning, which has been named one of America's 10 Best Gyms by Men's Health magazine. Boyleâ™s range of experience includes training athletes from the middle school level to all-stars in most major professional sports.

Tremendous edition! Boyle is THE authority on modern functional training for athletes of all ability levels. The second edition refines the first edition by including Boyle's years worth of additional training and testing of movements, principals, and progressions since the original Functional Training for Sports was published. That's what's so great about Boyle's publications: he seemingly holds nothing back. Rather than rely on theory, Boyle educates the reader on what programming principals and movements actually produce results and why. Highly recommend for coaches and athletes alike. You will not be disappointed, although you may find yourself rethinking your current programming.

So video is only available in certain compatible formats. Says so in the description, but in way too small a type face in my opinion. So if you're really only motivated based on the vids, watch out. Book is a solid collection of exercises. I would be surprised though if you were a personal trainer, or even collegiate level athlete in the last 10 or 15 years, if you didn't already have some exposure to these exercises and progression formats. Still it's good to have the resource to go to. My motivation for buying it was that I keep injuring myself in small ways, and I'd like to stop. So far it looks like this will fit the bill. I like the attention given to how different kinds of training fit together, and how one could use recovery and foundation building programs that specifically anticipate strength training or competitive sports. As a plus, while trying to figure out why the videos weren't working, I reached out to the author, who responded in about 5 minutes. He seems very willing to help if he can. Unfortunately I don't think he can actually help you do any of the exercises. That part is up to you.

One of the best books out there ever on functional training. I have been indoctrinating these same principles of training into the heads of my medical clinic gym trainers. I am a fan as well as friend of Mark Verstegen and a former volunteer physician at the OTC in Colorado Springs in addition to a ten year stint as a physician consultant to the University of Arizona. With a long resume in biomechanics (M.S.) and sports medicine I have regarded the bulk of training books as mediocre if not a source of pontification for people struck with the light of their own ego. Not Mr. Boyle! He combines wisdom from experience with science and gets results! I think the most important concept my staff learned was the use of single leg exercises and specific body weight exercises to promote hip and shoulder stability and flexibility with the side benefit of reduced risk of injury. We are using his progressions in our medical clinic gym where we train elite high school basketball players in Phoenix as well as overweight adults who want to lose weight and improve fitness and human performance. In other words safety is an issue (and one that a lot of Crossfit gyms don't seem to understand). I am 68 and still power lift but am often reluctant to introduce young or old athletes to Olympic lifts or power lifts due to inherent risk of injury even when performed correctly. Mike quotes reputable resources (Dan John, Mark Verstegen, Alwyn Cosgrove, Gray Cook, etc) based on legitimate knowledge that add to his credibility compared to those for whom the game of name dropping does not change the fact they are borderline experts. Kudos to him. I recommend this book highly! Glen Halvorson MD, Medical Director StartClinic.com.

Good read and useful info. Only complaint is that the exercises on program in back of book don't

reference pages were they are described throughout the book or in his website. Would make it easier to reference and adjust for progression or regression based on athletic performance.

Okay, if you are simply looking for an exercise resource to help you get your swoll on and hit max GAINZ then this book is probably NOT for you. However if you are interesting in learning how the body moves and, more importantly, how to exercise to maximize your movement (and performance) potential then hit the 'buy' button immediately. Mike is one of the most well -respected strength coaches in the Strength and Conditioning community. He has helped win 2 national championships in hockey and has worked with numerous professional athletes as well as developing systems that help younger athletes earn college scholarships. Even if you are not an athlete, you should be training like one. Mike's method is to enhance the mobility and stability of the body before increasing the strength - when it comes to performance automobiles you don't want to drop in a large engine unless you have the steering, suspension and brakes capable of handing the excess power, conditioning programs are the same - fine tune the chassis before boosting the horsepower. If you don't have a formal background/education in exercise science you may not understand (or care) the 'why' behind what makes his exercises so effective, but you will definitely be able to apply the how immediately. As an author of numerous fitness/exercise science articles Mike is one of my go-to resources when I want good information for how to use exercise to change the body. Buy this book, you'll be glad you did!

I knew I wanted more functional type training but didn't know what that was. I'm a pretty decent power lifter but wanted something to compliment my new love of gymnastic strength training. This shows you more than T nation articles which are usually "lift weights explosively". Not to knock on T nation. Maybe I should've said Google. But I didn't. Such is life.

A lot of coaches/authors would charge 10x or more for the information and videos (kindle edition) contained in this book. This book has cutting edge information from one of the best strength & conditioning coaches in the business. It truly is a steal and a no brainer in my opinion.

Videos and step by step breakdown of progressions and the thought process behind them are very helpful. He utilizes many other coaches in the field to fine tune his own program, and successfully presents it again in his new book.

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Science of Sports (Sports Illustrated for Kids)) Football: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Hockey: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids))

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