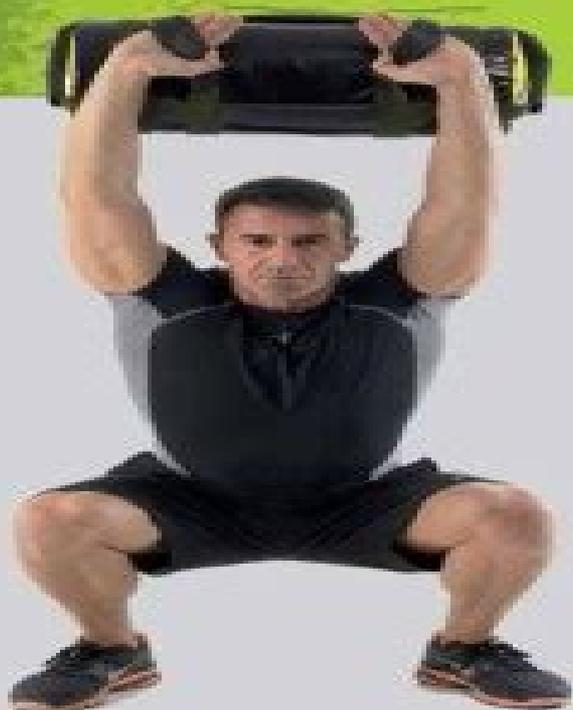




THE FUNCTIONAL TRAINING BIBLE



*Bodyweight & Everyday
Equipment Workouts*

Increased Mobility & Stability

*The Natural Form
of Strength Training*



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The Functional Training Bible

Padhraic Smyth



The Functional Training Bible:

The Functional Training Bible Guido Bruscia,2015-04-30 Discover functional training like you ve never seen or experienced This training is easy fast and fun and it will revolutionize your health and athletic performance It will become a new way of life Functional training is a scientific method for personal training workouts at the gym at home or outdoors The book is divided into three parts The first theoretical part explains the why at the foundation of functional training the second practical part contains bodyweight exercises and exercises with various tools sandbags medicine ball kettlebells The final section proposes several specific training programs for strength hypertrophy and weight loss Welcome to the revolution in functional training Get your focus and follow it [Men's Fit Kitchen](#) Michael Lloyd,2015-12-01 Become a stronger and healthier man If you have a busy lifestyle and think you don t have time for good nutrition and fitness workouts this book will help you turn your life around Michael Lloyd never considered food and fitness to be important But after years of feeling tired lacking motivation and being unhappy with himself he decided to change his life In his book he will help you do the same You don t need a lot of time and effort to follow Michael s fitness regime and nutrition plans All recipes are easy to make have simple instruction use high quality ingredients and are delicious and healthy With a great assortment of breakfast lunch dinner and snack recipes you will find something to eat for every situation and you will soon see the effects on your body To help you improve your fitness and energy levels Michael also presents many exercises and readymade workouts that don t require a lot of time or equipment He has indoor and outdoor workouts which will help you burn fat and tighten up your body He also gives you a beginner s running plan that will help you enjoy running With Michael s help you will quickly become a fitter version of yourself **Rock Climbing** Detlef Heise-Flecken,Gabi Flecken,2016-03-28 Rock Climbing provides basic information on belaying leading and rappelling techniques and offers advice on useful equipment and respect for the environment Like every climber you will come to the point where you want to leave the climbing gym and exchange plastic handles for real rock beneath your palms You want to breathe in fresh air enjoy the sun wind and the scenery surrounding you But in order to do that safely you first have to train for it When rock climbing unlike indoor climbing you are responsible for protecting yourself While this promises excitement and a more intense experience it also requires additional knowledge and both physical and mental strength This book will cover the right techniques crucial safety procedures and essential equipment that allows you to successfully master the first steps in rock climbing Numerous photos illustrate the challenging and complex sequences and movements in an easy to understand way A brief introduction to indoor climbing is also included **Sandbag Training Bible** Ben Hirshberg,2015-11-03 A HIGHLY EFFECTIVE STRENGTH TRAINING PROGRAM USING THE SIMPLEST MOST AFFORDABLE UNSTABLE WEIGHTS An ideal strength building program for men and women alike the sandbag training approach unleashes the power of functional training to help you reach your fitness goals The awkward unstable nature of sandbags forces your body to use all its muscles including often neglected stabilizers

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