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The Complete Idiot's Guide to Functional Training Illustrated

By Justin Price MA, Frances Sharpe



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Lengthen spine, tuck pelvis under, bend knees...and shovel that driveway!

The goal of functional training is getting the various muscle groups to work together for real-life activities, such as snow shoveling. The guide includes: a functional fitness self-assessment; more than 120 exercises for different levels, using either props or one's own body weight; more than 300 photographs demonstrating proper movements; warm-up and cool-down exercises; sample workout plans for personalized results.

?An appealing, practical approach to exercise, with more than 120 highly-illustrated exercises.



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Editorial Review

About the Author

Justin Price, MA, owns The BioMechanics, a training and functional fitness facility in California. He's consulted for NBC, *Newsweek*, *The New York Times*, *Los Angeles Times*, plus *Men's Health*, *Self* and other magazines, and The American Council on Exercise. **Frances Sharpe** co-wrote *The Complete Idiot's Guide(r) to Medical Tourism*, and has written hundreds of articles for major magazines.

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