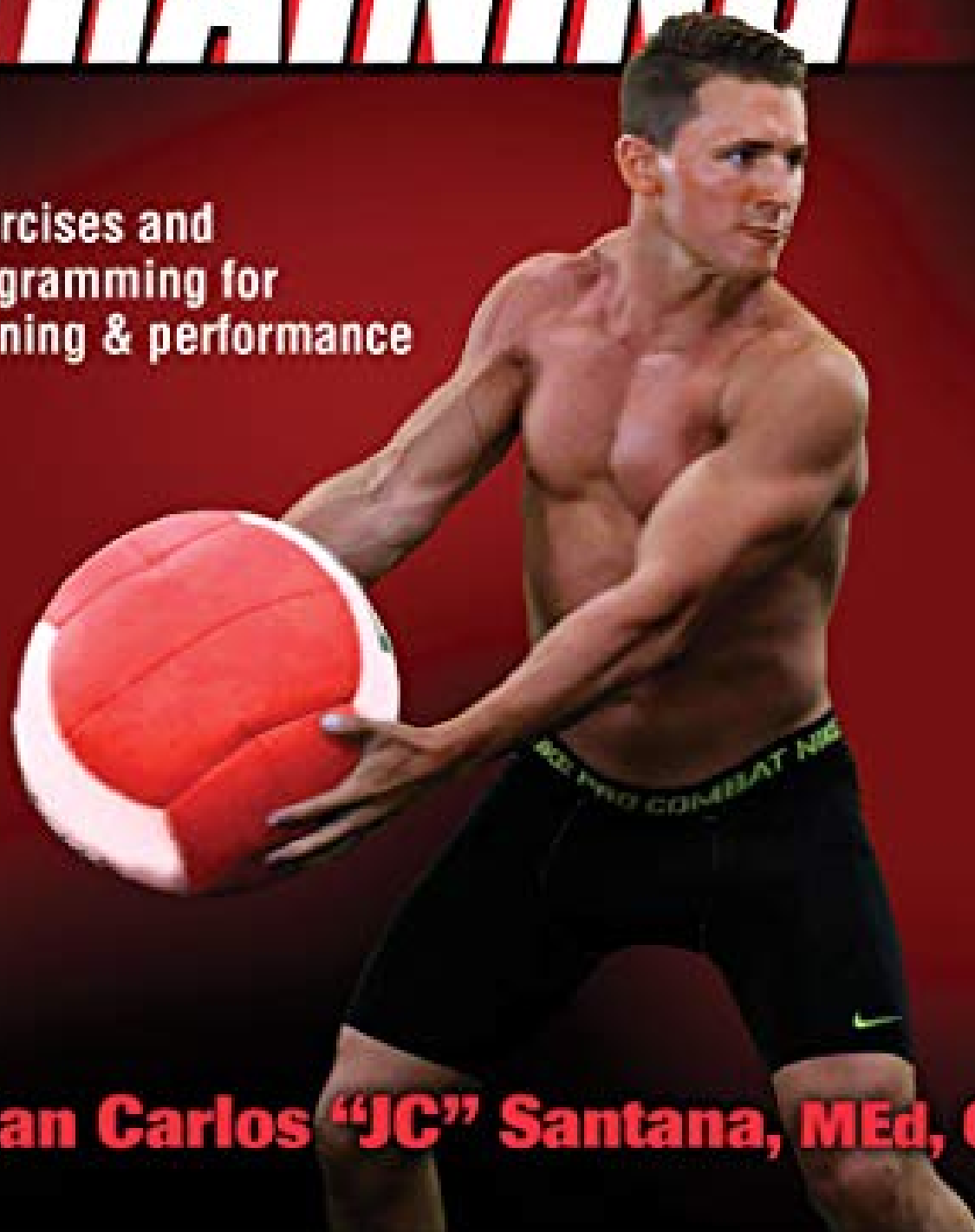


FUNCTIONAL TRAINING

Exercises and
programming for
training & performance



Juan Carlos "JC" Santana, MEd, CSCS

Juan Carlos "JC" Santana

Functional Training



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Take your efficiency to the next level with Functional Schooling. Writer Juan Carlos Santana brings you his revolutionary method of training and conditioning strategies sure to improve your function in any sport or activity. It identifies the movements and muscles involved in your sport, then chooses the very best exercises and programs based on desired outcomes and functionality goals. Through evaluation and analysis, you'll cover the ideas, exercises, progressions, and sequencing on which a sound useful training program is situated, it addresses the needs greater than 11 sports and features 135 exercises, including bodyweight, bands and pulleys, dumbbells and kettlebells, medicine balls, and balance balls. Functional Training includes a three-tier strategy for integrating functional actions into an existing strength program. Offering strength, endurance, power, and sport-particular exercises and programming, Functional Training is normally a comprehensive resource for each athlete, coach, and athletic trainer. Functional Schooling covers the latest breakthroughs, probably the most exercises, and proven applications that you can adhere to or incorporate into your existing schooling plan. Regardless of what your sport, Functional Training can help you achieve optimum results. In addition to quick exercise sequences and personalized programming to address the big four sport abilities, more comprehensive programs could be developed to address your athletic and efficiency needs and goals.



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Just obtain it already. Well worth the money. Look forwards to deploying it in my training. What an amazing book. Longer version: As a S&C coach to athletes from the collegiate to professional level, Trainer Santana's materials have already been instrumental to my development and education. I experienced the usual high anticipations of his latest reserve Functional Training, and was again not really disappointed at all (Don't let the name fool you. There is no squatting on bosuballs type nonsense, but proper schooling for a purpose.) The book is pretty comprehensive, laying out the theory and philosophy behind working out, covering all movements necessary for sports performance, assisting you understand the necessity to adjust levels. Functional Training Demystified. Packed with a variety of exercises which are well explained (for power, power, speed,... information and benefits are given for each exercise). Everything you need to learn about functional training is in this book I actually am doing my internship at the fitness facility (IHP) of the author of the book and we are exposure to the training systems and methods outlined in this reserve. Overall, really worth the money, and best for all levels. Not just for coaches, but also for anybody interested in training with a purpose. This book is crucial HAVE! I have have been in the fitness industry for a decade and know very well the worthiness of solid content material and invaluable knowledge! This publication is direct from the best in the video game! I would recommend this publication to anyone with an interest in brining your conditioning to another level. Among the problems with training programs is the "why" is lacking from the motions chosen, JC provides the answers you need to understand not only the movements but why they are used in this program! In order to learn functional teaching in one of the worlds top fitness professionals, get this book!! A must own for anyone into fitness teaching. I am so thankful to have got this book, we have been very lucky to get access to this amazing content! BELIEVE ME YOU NEED THIS!! LOVE this book! This is an incredible resource for coaches, trainers and fitness enthusiasts! JC Santana is one of the top leaders in his fitness eyesight. I use it with most of my customers! Colin McGarty CPT Owner Seacoast Kettlebell Excellent!! Well crafted with concise explanations and great types of how exactly to apply functional training principles to actual exercise programming. Fabulous. Great book! This publication is crucial have for ... Great book!. Essential reading and reference book for anybody who wants to functionally train themselves and/or their own clients while actually understanding how functional training works, and what it is and what is not. Great book! Changed my perspective This book sets the standard for functional training, so when a new student at IHPU, it completely changed the way I approach programming. Great continue reading a different concept of teaching. This is an excellent resource! In depth. JC Santana makes it to easy and simple to follow his style of programming... Fabulous. Comprehensive. Ordered it recently and have been deploying it at the fitness center. Provides a ton of focus and variation that helped me break out of the winter rut. Another winner from JC. What an amazing book. Whether you've been a coach for days or decades, this publication makes designing applications fun and easy for any athlete or customer. JC's comprehensive compilation of exercises and progressions makes this a must-have for just about any fitness professional, coach, or athlete--and his deliberate program of the exercises within program design makes you have a second look at what you've been performing and why. The concept is a superb idea and is practical for an improved training modality. The short version: just go understand this book. It also does not have any shortage of sample protocols and programs for a variety of sports. I am relatively new to IHP, but I can tell you this publication and JC's teaching systems makes extremely complicated topics simple to understand. We are witnessing the contents of the book come to life at IHP and all I can say is WOW. I also really liked that this book included a history of functional trained in the launch. I also liked that this

book has a lot of pictures to show the reader how to perform certain practical exercises and the instructions on how to properly do them. This is opening the door for building effective and effective workouts. Great product! I am not used to IHP and am acquiring all of the concepts to be remarkable. JC's system may be the hands down, easiest way to integrate practical training and regular training methodologies. His function is always many methods ahead, it will always be far beyond.! The improvements I've made physically after reading this have been tremendous.! The reserve takes you step-by-step into finding out how to make and periodize your program for different desires. This publication is a must have for just about any fitness professional's library.. Tons of new and innovative exercises with comprehensive instruction and demonstration to go along with it. Functional training! After being at ihp for quite a while right now, you realize that this book is so beneficial in so many ways. It certainly break things down so that anybody can understand it. By reading this book your understanding towards functional training really sky rockets. As an becoming more popular trainer this publication is key when it comes to functional training. The very best book on training ever! RECOMMEND! And you will love it! I would recommend anybody and everybody to learn this and add the knowledge you obtain from it to your personal repertoire. Ordered it lately and have been . You don't even have to become a trainer, in the event that you simply want to train then end waiting and get this book!! Five Stars Readable, amazing content, no doubt why JC is usually a highly respected trainer. The improvements I have made physically after ... You received't regret it.! JC Santana is a master of programming and Functional Training and makes it so easy to understand, the beauty of this book is that it doesn't have a fitness expert to understand the layout and program design and the exercise content provided could be applied to someone simply starting on the fitness journey or an elite athlete.



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