**Functional Training Handbook**

Reach a whole new level of physical training with Functional Training Handbook, whose big-picture approach to movement fosters lifelong health, mobility, and athletic development.

This practical guide delivers clear, how-to information, an array of sport-specific guidelines, and key principles that will keep your clients at peak performance. Join the revolution to improve sports performance, treat injury, and re-train patterns with this comprehensive guide to the body and its movement.

**Key Features:**
- Sport specific chapters include Baseball, Basketball, Cycling, Dance, Football, Golf, Hockey, Mixed Martial Arts, Olympic Weight Lifting, Skiing, Soccer, Swimming, Surfing, and Tennis.
- Emphasis on functional exercise explores the physics of weight-bearing and balance to reduce repetitive motion injuries.
- Guides to injury prevention, safe workouts, re-injury avoidance, and practical strategies for active athletes.

<table>
<thead>
<tr>
<th>Publication Year</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Edition</td>
<td>1st Ed.</td>
</tr>
<tr>
<td>Author/Editor</td>
<td>Liebenson, Craig</td>
</tr>
<tr>
<td>Publisher</td>
<td>Lippincott Williams &amp; Wilkins (LWW)</td>
</tr>
<tr>
<td>ISBN</td>
<td>978-1-582-55920-9</td>
</tr>
<tr>
<td>Doody's Star Rating®</td>
<td>★★★★★ Score: 97</td>
</tr>
<tr>
<td>Platform</td>
<td>Ovid</td>
</tr>
<tr>
<td>Product Type</td>
<td>Book</td>
</tr>
<tr>
<td>Speciality</td>
<td>Exercise Science, Personal Training, Physical Therapy, Sports Medicine</td>
</tr>
<tr>
<td>Language</td>
<td>English</td>
</tr>
<tr>
<td>Pages</td>
<td>472</td>
</tr>
<tr>
<td>Illustrations</td>
<td>849</td>
</tr>
<tr>
<td>Included In</td>
<td>Lippincott Williams &amp; Wilkins Doody's Premier Star Collection 2018, Lippincott Williams &amp; Wilkins Total Access Book Collection All Books 2018</td>
</tr>
</tbody>
</table>