



The Complete Idiot's Guide to Functional Training Illustrated

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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