



Anatomy of Functional Training: An Exercise Programme for Real Life Activities

By Gordon-Mallin, Erica. Spilio, Katerina.

Bloomsbury. 1 Paperback(s), 2013. soft. Book Condition: New. Whether you wish to throw a ball harder, develop a smoother tennis stroke, swim more laps or simply want to feel good walking upstairs, running for the bus, or reaching for the top shelf this book provides exercises and workout programs for improving your fitness and enhancing your performance. Each exercise is illustrated with a unique combination of step-by-step color photos and anatomical drawings that reveal which muscles are being worked, accompanied by tips on how to perform the exercise most effectively and what to avoid. 160.

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