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The Functional Training Bible

Functional training is a scientific method for personal training, workouts at the gym, at home or outdoors. The book is divided into three parts: The first, theoretical part explains the why at the foundation of functional training; the second, practical part contains bodyweight exercises and exercises with various tools (sandbags, medicine ball, kettlebells).

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The Functional Training Bible - Mumble Books

Functional training has become a popular topic within the fitness and rehab industry... often somewhat over-quoted and miss-understood. "Functional" of course is just a word, and it is commonly being applied to what is quite a wide concept. In order to design functional training programmes you will learn how the body operates expansively in ...

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Free The Functional Training Bible PDF Book One is a story filled with vengeful gods, miracles, and excitement. Brand new Book. Guido Bruscia is a Master

Trainer, popular in Italy and abroad, for functional and kettlebell training. You may be able to find The Functional Training Bible information about this and similar content at piano.