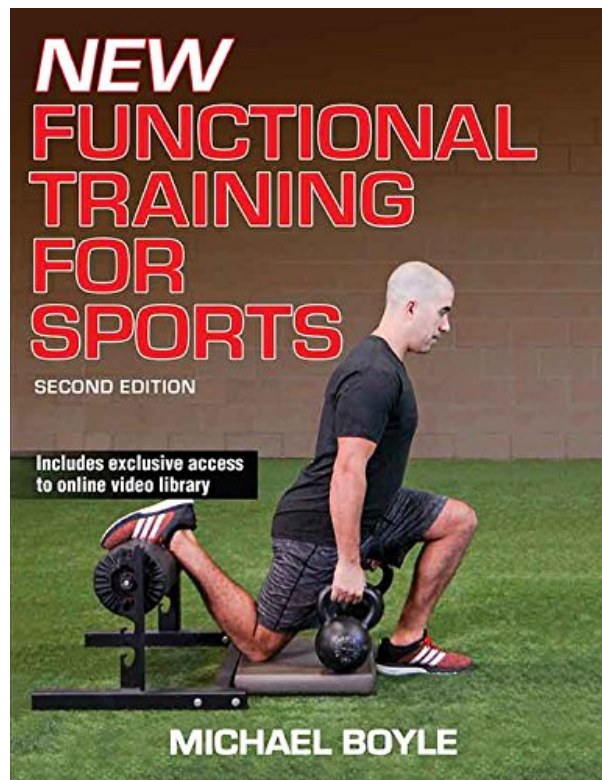
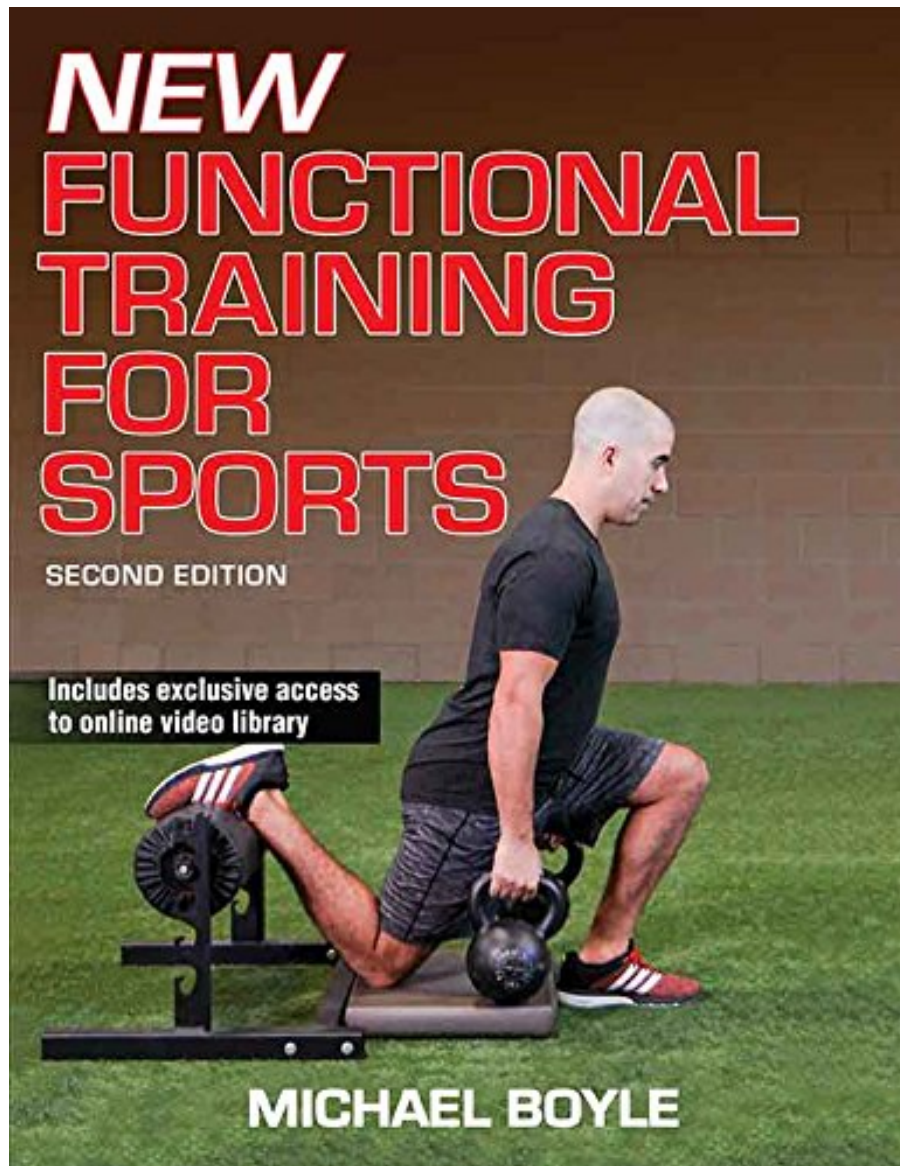


# NEW FUNCTIONAL TRAINING FOR SPORTS-2ND EDITION BY MICHAEL BOYLE



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## Review

“Michael Boyle has trained some of the highest-performing athletes on the face of the earth and mentored most of the strength and conditioning coaches and personal trainers on the planet. He's a true pioneer in our field and, quite honestly, a living legend. I'm proud to have learned from Mike and even prouder to call him a friend.”

Alwyn Cosgrove-- Co-founder Results Fitness

“Michael Boyle is one of the greatest resources in the human performance industry. Using the best science, industry standards, and his innate ability to create efficient ways to apply the learnings at scale, he is continually improving his knowledge base. New Functional Training for Sports is a great foundation for a young professional and can be an additional perspective for the best in our field.”

Mark Verstegen-- President and Founder of EXOS™ , Performance Director, National Football League Players Association (NFLPA), Author, Every Day is Game Day and the Core Performance Series

“As a two-time Olympian who has worked closely with Michael Boyle since 2009, I can say with absolute certainty that he is the best there is. Without his guidance, knowledge, and constant support, I wouldn't be half the athlete I am today.”

Meghan Duggan-- Assistant Coach, Clarkson University U.S. Women's Hockey Team Captain

“Mike Boyle is someone I've given my utmost respect to as a fellow coach, trainer, and fitness professional for more than 20 years. His latest book, New Functional Training for Sports, is a must-read for any fitness pro, trainer, or coach desiring maximum success for clients or athletes. If you are serious about being a great coach, read this book and you will stay on the forefront of program design, functional training, and the latest techniques for preventing injury and maximizing performance.”

Todd Durkin, MA, CSCS-- Owner, Fitness Quest 10, Lead Training Advisor, Under Armour, Author, The Impact Body Plan

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“Michael’s personalized program enables athletes to consistently perform at their best.”

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#### About the Author

Michael Boyle is one of the foremost experts in the fields of strength and conditioning, functional training, and general fitness. He is known internationally for his pioneering work and is an in-demand speaker at strength and conditioning conferences and athletic training clinics around the world.

Because of his expertise in sport performance training, Boyle has coached elite athletes on teams such as the Boston Red Sox, Boston Bruins, New England Revolution, and Boston Breakers as well as the U.S. women’s Olympic teams in soccer and ice hockey. In 2012, Boyle joined the Boston Red Sox coaching staff as a strength and conditioning consultant for the team, which later won the World Series. His client list over the years reads like a Who’s Who of athletic success, including retired American football defensive end Marcellus Wiley, 2012 Olympic judo gold medalist Kayla Harrison, and Liverpool striker Daniel Sturridge.

Boyle was the head strength and conditioning coach at Boston University from 1984 to 1997. From 1990 to 2012 he was the strength and conditioning coach for men’s ice hockey at BU.

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Train to perform at the highest level with the lowest risk of injury. The enhanced e-book edition of New Functional Training for Sports, Second Edition, produces the best results on the court, field, track, and mat, not just in the weight room.

Michael Boyle, one of the world's leading sport performance coaches, presents the concepts, methods, exercises, and programs that maximize athletes' movements in competition. A series of functional assessments help in determining the design of a specific plan for each athlete. Self-reinforcing progressions in exercises for the lower body, core, upper body, and ultimately total body give athletes the balance, proprioception, stability, strength, and power they require for excelling in their sports. Sample programs assist in the customization process and ensure each aspect of preparation for physical performance.

Boyle also draws on the latest research and his wealth of experience to offer programming advice and recommendations on foam rolling, stretching, and dynamic warm-ups.

The enhanced e-book format for New Functional Training for Sports, Second Edition, goes beyond traditional exercise descriptions and explanations, incorporating full-color, high-definition composites of foundational movements and links to video demonstrations, commentary, and analysis of key exercises. The 71 video clips show how to perform exercises for lower body; core; upper body; plyometrics; Olympic lifting; and foam rolling, stretching, and dynamic warm-ups.

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#### Most helpful customer reviews

13 of 14 people found the following review helpful.

Great book. Elevating the fitness industry.

By JB Reads A Lot

Mike Boyle delivers! If you want to know what one of the brightest minds in the fitness industry is doing to get amazing results, then get this book. He doesn't hold anything back - you get the background info, the theory, the practical application, the programming and even access to exclusive videos on how to coach the exercises correctly. Pretty amazing deal for such a little bit of money.

I've been reading, watching and going to see Mike for over a decade. He is one of the few sources of legit info in our industry because he has been there, done that and is still doing it. He doesn't just train a few folks (or merely himself) and then spin a bunch of articles online to make himself famous. He is the real deal.

Also, I can't believe I'm the first to write a review! 15 years on Amazon and this is the first time:-).

4 of 4 people found the following review helpful.

Highly recommend

By Daniel B.

Tremendous edition! Boyle is THE authority on modern functional training for athletes of all ability levels. The second edition refines the first edition by including Boyle's years worth of additional training and testing of movements, principals, and progressions since the original Functional Training for Sports was published. That's what's so great about Boyle's publications: he seemingly holds nothing back. Rather than rely on theory, Boyle educates the reader on what programming principals and movements actually produce results and why. Highly recommend for coaches and athletes alike. You will not be disappointed, although you may find yourself rethinking your current programming.

7 of 8 people found the following review helpful.

Solid program design and philosophy from an expert in the field of functional training!

By J. Melnyk

If you are a personal trainer, strength coach, general fitness enthusiast looking for a solid "cook book" and plan look no further. I have been reading and following Coach Boyle for over eight years and have always enjoyed his keep it simple philosophy that includes testing his methods and changing them when it isn't working. It's a pleasure to read how he assesses his athletes and uses this simple philosophy.

If you are looking for sound ideas that are tested and can help you build your training philosophy this is the book for you. Especially since this book covers many areas such as assessment, program design, speed training, dynamic warm ups. Everything is here to help you understand what Mike does in his facility.

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