

# ADVANCES *in* FUNCTIONAL TRAINING

Training Techniques for Coaches, Personal Trainers and Athletes

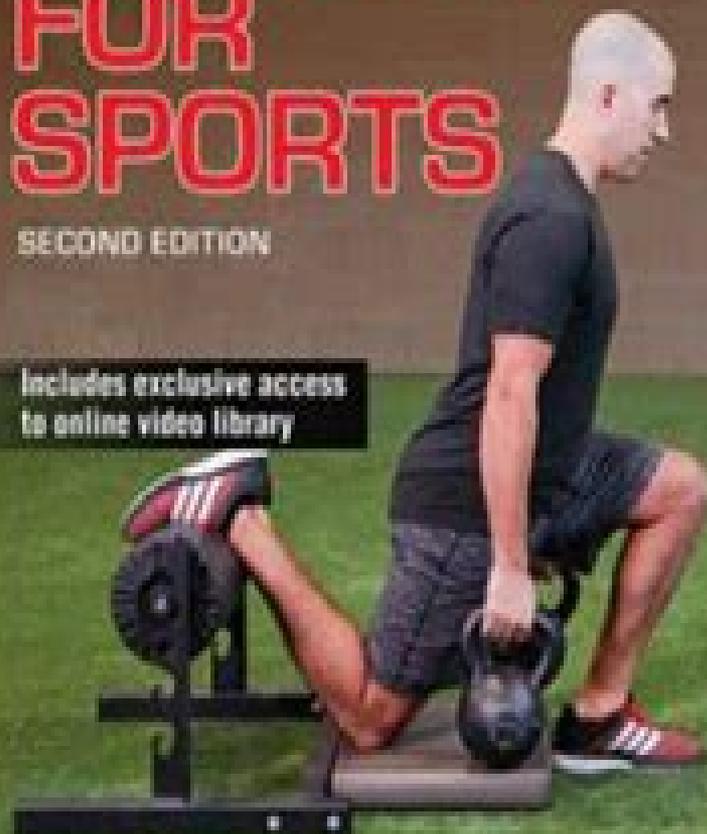
**MICHAEL BOYLE**

Foreword by Alwyn Cosgrove  
Introduction by Mark Verstegen

# NEW FUNCTIONAL TRAINING FOR SPORTS

SECOND EDITION

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**MICHAEL BOYLE**

# Advances In Functional Training

**SB Merriam**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle overlapping the right side of the bar.

## **Advances In Functional Training:**

## Whispering the Techniques of Language: An Emotional Journey through **Advances In Functional Training**

In a digitally-driven earth where displays reign great and quick connection drowns out the subtleties of language, the profound techniques and emotional subtleties hidden within words usually move unheard. Yet, nestled within the pages of **Advances In Functional Training** a charming fictional value blinking with natural feelings, lies a fantastic journey waiting to be undertaken. Written by an experienced wordsmith, this marvelous opus attracts visitors on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within the very fabric of every word. Within the psychological depths with this poignant evaluation, we shall embark upon a heartfelt exploration of the book is core styles, dissect their charming writing model, and yield to the effective resonance it evokes heavy within the recesses of readers hearts.

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