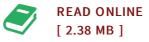




## Anatomy of Functional Training: An Exercise Programme for Real Life Activities

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 lapsor simply want to feel good walking upstairs, running for the bus, or reaching for the top shelfthis 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.



## Reviews

Completely essential study publication. Better then never, though i am quite late in start reading this one. I am very easily could get a delight of reading a composed publication. -- Marilyne Macejkovic

*The book is great and fantastic. It usually does not price excessive. I am happy to tell you that this is the greatest ebook i actually have read during my personal existence and can be he very best ebook for possibly. -- Abbie Feest*