



Functional Fitness: The Personal Trainer's Guide (Paperback)

By Lamar Lowery

Meyer Meyer Sport (UK) Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Functional fitness methods develop the best workouts for your everyday life. Build a training program, set fitness goals, and develop a workout guide for your exercise using the proven training methods in this book. Functional Fitness is ideal for the experienced practitioner, and perfect for the personal trainer seeking new ideas for their next training session. Lamar Lowery has developed his own training programs that he has used in decades working with top managers, injured athletes, and back patients. Functional Fitness provides intense workouts to reach maximum results. Detailed descriptions and photos make this an easy-to-understand guide for any personal trainer or fitness fanatic. In Lamar's personal training sessions, he uses his expertise in endurance, coordination, and biomechanics to receive the best result. Lamar uses the most up-to-date equipment, e.g., suspension trainers, Dual Grip Med Balls, and kettlebells, and the classics such as barbells and dumbbells. After making functional fitness a part of your training regime, you will help your clients add exercise into their busy lifestyle, reach their fitness goals, and improve body, mind, and soul.



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