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Boyle presents the continued evolution  
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Advances in Functional Training, that  
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Research Training And Athletes  
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other hand, some of our hardest working athletes look like they hardly train. As long as their performances

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Advances in Functional Training Book - Perform Better The functional continuum was first introduced in Functional Training for Sports to illustrate exercise

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choices on a continuum from least functional to most functional. Exercises are separated into lower-body exercises, upper-body exercises and torso

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Paperback – Jan. 10 2010 by Michael

Boyle (Author), Alwyn Cosgrove

(Foreword), Mark Verstegen

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Advances in Functional Training by US writer and coach Michael Boyle illustrates which exercises are least and most functional with the categories broken down into specific body parts. Exercises are separated into lower-body, upper-body and torso or core strength exercises.

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casual conversation between Gray Cook  
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anatomy has caused a shift in strength  
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Michael contacted me back at the start of the year to ask me if I would review his latest book, *Advances in Functional Training: Training Techniques for*

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Coaches, Personal Trainers and Athletes.  
This is his third book to hit the shelves of  
our local bookstores (not including his  
countless DVD's and training manuals)  
and I was pleased to be oblige.

## **Advances in Functional Training - Nick Grantham**

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