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influential concept in physical training in the past five years occurred during a casual conversation between Gray Cook and Michael Boyle.

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Advances in Functional Training is very much like Return of The Jedi, whilst it stands up on its own, it becomes even more insightful

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when you understand the evolution of the book and Michaels rationale. So, what can you expect from Advances in Functional Training?

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strength and conditioning coach extraordinaire, Mike Boyle. It's a gorgeous book, large, heavy and rich with information to effectively enhance one's training performance as an evolving athlete, coach and trainer.

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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

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Advances in Functional Training is a comprehensive guide that brings together a volume of information on current athletic training trends and concepts. Inside you'll get the latest insight from Mike Boyle, a top coach who's spent

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decades carefully thinking about and testing better ways to train his clients and

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While in Advances the exercise descriptions were limited, in New Functional Training, the descriptions are the meat of the book, and exercise philosophy is more like the bread, whereas in Advances,

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that analogy doesn't fit as well—the exercise descriptions took a secondary role.

Mike Boyle's New Functional Training for Sports vs Advances

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Michael Boyle is the
author of Advances in
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ratings, 14 reviews,
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Michael Boyle (Author of Advances in Functional Training)

DetailsWritten by Mike
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