



Functional Training Handbook

Craig Liebenson DC

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Join the revolution to improve sports performance, treat injury, and re-train patterns with this comprehensive guide to the body and its movement.

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- Sport specific chapters include Baseball, Basketball, Cycling, Dance, Football, Golf, Hockey, Mixed Martial Arts, Olympic Weight Lifting, Skiing, Soccer, Swimming, Surfing, and Tennis.
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- Guides to injury prevention, safe workouts, re-injury avoidance, and practical strategies for active athletes

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