



The Functional Training Bible

By Guido Bruscia



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Discover functional training like you ve never seen or experienced!. This training is easy, fast and fun and it will revolutionize your health and athletic performance. It will become a new way of life! Functional training is a scientific method for personal training, workouts at the gym, at home or outdoors. The book is divided into three parts: The first, theoretical part explains the why at the foundation of functional training; the second, practical part contains bodyweight exercises and exercises with various tools (sandbags, medicine ball, kettlebells). The final section proposes several specific training programs for strength, hypertrophy and weight loss. Welcome to the revolution in functional training. Get your focus and follow it!

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The Functional Training Bible By Guido Bruscia Bibliography

- Rank: #560850 in Books
- Brand: Meyer Meyer Sport
- Published on: 2015-01-01
- Original language: English
- Number of items: 1
- Dimensions: 1.21" h x 8.24" w x 9.82" l, 3.35 pounds
- Binding: Paperback
- 510 pages

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Editorial Review

About the Author

Guido Bruscia is a Master Trainer, popular in Italy and abroad, for functional and kettlebell training. He is technical director of the Functional Training School, teacher at institutions of education for fitness and body building, personal trainer and fitness coach. He has written several bestselling books. He lives in Rimini, where he invented Personal Care, an innovative method of personal training with the goal of revolutionizing the lives of its students.

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