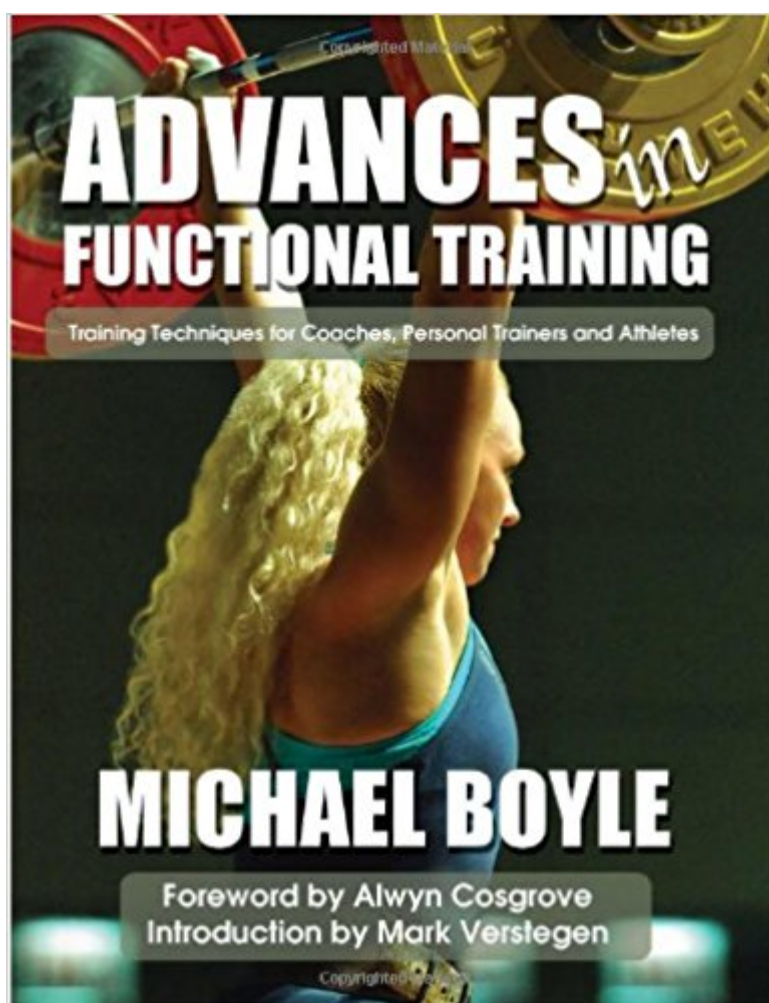


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# Advances In Functional Training: Training Techniques For Coaches, Personal Trainers And Athletes



## Synopsis

In the seven years since the publication of his first book, *Functional Training for Sports*, new understanding of functional anatomy created a shift in strength coaching. With this new material, Coach Boyle presents the continued evolution of functional training as seen by a leader in the strength and conditioning field.

## Book Information

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## Customer Reviews

In the seven years since the publication of his first book, *Functional Training for Sports*, new understanding of functional anatomy created a shift in strength coaching. With this new material, Coach Boyle presents the continued evolution of functional training as seen by a leader in the strength and conditioning field. Mike Boyle is a pioneer in the strength and conditioning field. While he's been at it over 25 years, he's never afraid to consider new ideas or to change his thought process in regard to training. Quite simply, *Advances in Functional Training* should be a staple in every coach and trainer's library. --Mike Robertson, Robertson Training Systems  
Mike Boyle is the Godfather of performance training, and he's influenced countless others to become efficient and effective strength and conditioning coaches over the decades. He's a real-life practitioner, one with the experience of literally thousands of clients over the years. --Robert dos Remedios, CSCS, SCCC, 2006 NSCA Collegiate Strength & Conditioning Professional of the Year  
We would be hard-pressed to find someone who has contributed more to the science and practice of keeping athletes healthy and performing at high levels than Michael Boyle. In this new book, he'll make you

question what you've done in the past, re-evaluate what you're doing now, and motivate you to think for yourself in the future. --Eric Cressey, Cressey Performance

As a speaker, writer, coach and consultant, Michael Boyle is a popular contributor in the area of performance enhancement training. He has been involved in training and rehabilitation of a wide range of athletes in every major collegiate and professional sport, including the US Women's Olympic teams in soccer and ice hockey. Mike's work has been featured in the media on HBO RealSports, ESPN, CNNSI, as well as in Sports Illustrated and USA Today. This is his third book on functional training for athletics.

This is a tough book to review. I had one review up, but took it down because it did not flow right. I'll try again. This time I'm just going to create a list of observations and add to it from time to time. 1. Do not buy this book unless you have access to the internet to find out what some of the exercises are. Maybe if you already know what a "Heiden and stick" exercise is you won't need the internet, but I doubt it. 2. Boyle works mainly with ice hockey players and American football players. While many of his recommendations may be valid for your sport they could be contraindicated for other sports. For instance, big quadriceps could be detrimental to a gymnast working on the high bar. 3. You can find out the kind of training facility Boyle has by searching the internet and youtube under "Michael Boyle", "Joe DeFranco", "Parisi Speed School", etc. Boyle himself demonstrates some of his favorite exercises on youtube. 4. Some of the equipment Boyle uses can be found in the Perform Better paper catalog or online catalog. Perform Better sells such things such as slide boards and sleds which might be hard to find at most commercial "fitness" gyms and be hard to use in most homes. 5. Boyle himself says he is a 90% person, meaning, I guess, that being right 90% of the time is more efficient and achievable than going for perfection. In reading this book I found myself agreeing with him 90% of the time, but there were other times not so much. So, although there are some real nuggets and gems of training wisdom there are other times when Boyle's biases lead him to minimize or even discredit other training methods. His reluctance to recommend Jump Bands(TM) -- these are huge rubber bands used by themselves or in conjunction with weights -- is notable. He gives safety as his reason for not using them, and it is obvious that it could be an issue. It is also obvious that their use could be made safe. more to follow

Mike Boyle is the best of the best and this book is a testimonial to that fact. The greatest part about this book in my opinion is that Boyle gives formulaic answers to both athletes and recreational

exercisers. Most fitness professionals don't have or use a template which is adaptable to their trainees, but Boyle lays it on the line and exposes his approach honestly, clearly, logically, and practically. Most strength coaches and the best in the industry are missing at least one of these crucial elements. I've already redesigned my own template for working with my target population and I have observed directly the reduction and elimination of back pain and overall better movement. There really is only one part of this book which is missing - effective strength exercises for the glutes. This is Mike Boyle's sample template for the hip dominant exercises for lower body strength:

Level 1: First Three Weeks: Cook Hip Lift, Slideboard Leg Curl (eccentric only), Hyperextension, Hyperextension Hold

Level 2: Foot-Elevated Hip Lift, Modified Straight-Leg Deadlift, One-Leg Straight-Leg Deadlift (Progressions)

Level 3: One-Leg Hyperextension, One-Leg Good Morning, Slideboard and Stability-Ball Hip Extension Variations

Level 3: Slideboard Leg Curl (eccentric and concentric phase), Stability-Ball Leg Curl

"These exercises all work the hamstrings and glutes, but work the hamstrings much more (except possibly for the level 1 exercises). If you read the book, it also does a lot more than just work the hamstrings and glutes, but that's a different story. Unless I missed something, the purpose for activating the glutes and strengthening them is so they can do their job and not be overtaken by the low back and hamstrings. A more functional template to encourage glute strength should have the glutes having at least the same amount of work at least in hip extension (but not possibly in knee flexion). Boyle lays out beautifully the template for activating the glutes and he does a superb job of this as I have used just this approach to activate the glutes and improve lumbar movement or one could say anti-movement. An example template which uses glute strengthening exercises could be (and is the one I use with my clientele):

Level 1: Progressively Heavy Bird Dog's (to balance strength asymmetries and further enhance lumbar stability versus mobility). Level 2: Glute Bridge with Heavy Weight. Level 3: Hip Thrust with Shoulders off Bench. Level 4: Hip Thrust with Shoulders and Feet of Bench. Based on these levels, high step ups off of a pad could be used at any one of these levels to minimize quad and hamstrings involvement, to provide frontal plane stability training, utilize the obliques, etc..99% of Mike Boyle's book is great and I could write about 10 pages raving about this book, but I encourage anyone fitness professional to read this book from beginning to end to learn how great exercise programming is done.

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