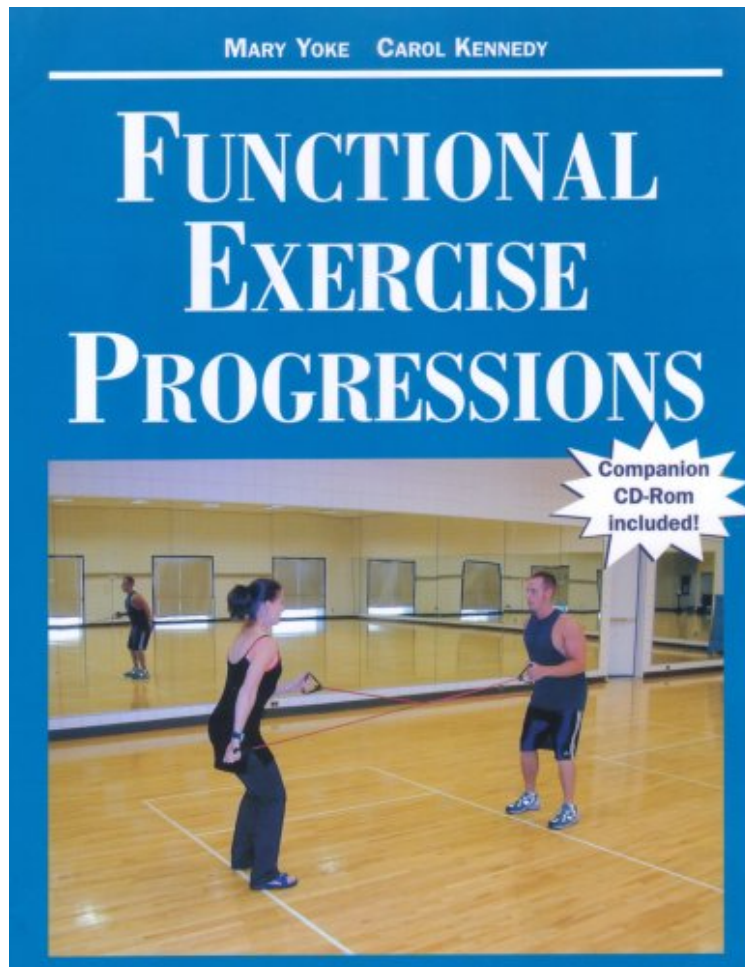


(Free) Functional Exercise Progressions

Functional Exercise Progressions

Mary Yoke, Carol Kennedy

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Mary Yoke, Carol Kennedy : Functional Exercise Progressions before purchasing it in order to gage whether or not it would be worth my time, and all praised Functional Exercise Progressions:

2 of 2 people found the following review helpful. Therapy ProgressionBy MamaNemoThis text is short and to the point. It can be used for teens to elderly for progression of common exercises; so that we are not doing the same thing over and over boring our patients. Useful text to young or older therapists; who want to upgrade the quality of their programs. I ordered this text through and received excellent service.0 of 1 people found the following review helpful. Functional Exercise ProgressionsBy HannahI am incredibly pleased with this book. The condition it was in was fantastic, and it is a valuable resource.5 of 5 people found the following review helpful. Excellent guide to functional strength training exercisesBy ShayThis book is an excellent reference for those looking to incorporate functional strength based exercises into their routines.Highlights:- Exercises broken down by muscle groups- Good, detailed explanations of how to perform the exercises- Great for anyone who already knows how to put together an exercise

routine but wants to incorporate functional strength movements into their workouts- The functional exercises detailed in this book use a variety of equipment, making it easy for anyone to be able to incorporate them in their workout

Functional Exercise Progressions presents 13 sample progressions covering every major muscle group. As many as 23 different exercises are provided for each muscle group, arranged according to the level of difficulty, progressing from easiest to most difficult to perform. This large-format guide includes over 250 different exercises with dozens of clear photographs and detailed exercise descriptions. The book also comes with an easy-to-use CD ROM containing images and descriptions of all of the progressions and exercises from the book. Trainers can display the images on a computer to help their clients better visualize the optimal movements, and then specific exercises and images can be printed and given to clients. The printed exercises include space for notes so that trainers can personalize progressions, with areas to watch, variations, repetitions, etc.

About the Author Mary Yoke, M.S., has a masters degree in exercise physiology, two degrees in music and holds several certifications from AFAA and ACE, as well as three certifications from ACSM. She is serving a six-year term for ACSM on the Committee for Education and Certification. In addition, Mary is on the AFAA fitness Practitioner Board and works as a Master Trainer and Specialist for AFAA. She is an Adjunct professor at Adelphi University in New York, teaches six classes a week at a small studio in CT, travels nationally and internationally training fitness instructors and personal trainers, and presents wellness seminars to the general public. Carol Kennedy, M.S., is the Fitness/Wellness Program Director in the Division of Recreational Sports at Indiana University. In that role, her extensive list of responsibilities includes the education and training of the staff in the areas of group exercise, strength and conditioning, fitness assessment, and personal training. During her 19 years of involvement in the fitness industry, Carol has become renowned for her innovative efforts in exercise programming; particularly in regard to training in the water. She is actively involved professionally in ACSM, IDEA, and ACE.