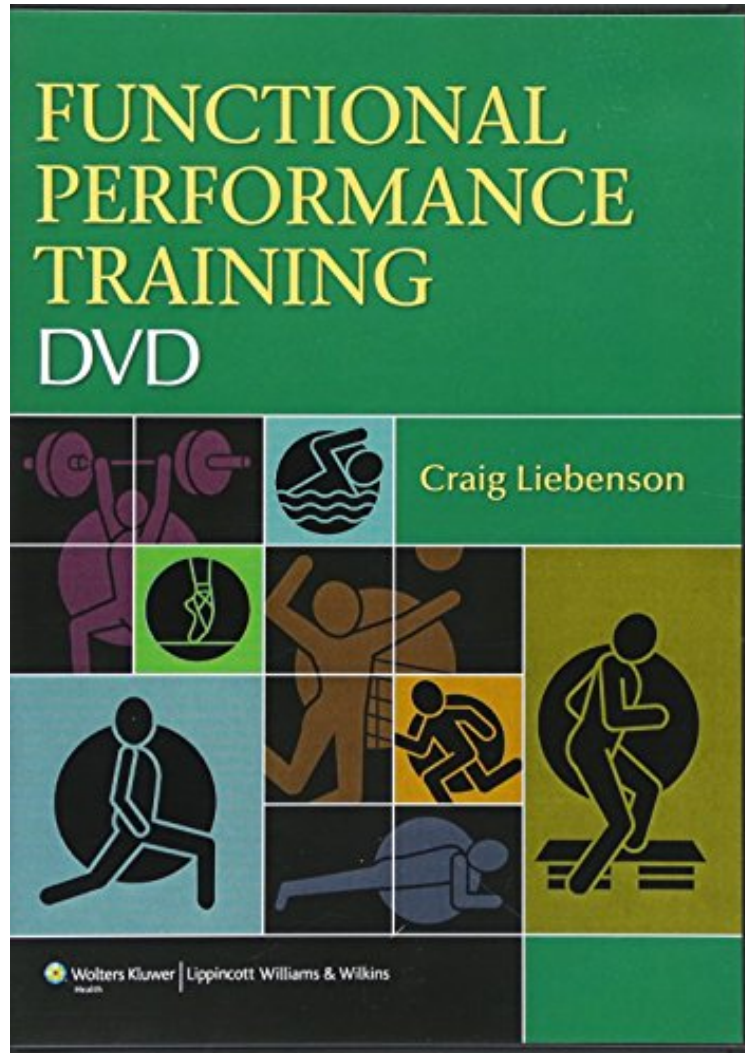


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Functional Performance Training DVD

Craig Liebenson DC

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6 of 6 people found the following review helpful. Clean, Easy to Follow Progressions By JBrownDC Quick interviews and explanations are followed by clean examples of the exercises with steady progression to the more challenging. Simply a great DVD. 1 of 1 people found the following review helpful. Love it. Good companion DVD to the Rehab of the Spine book By Sherynella I bought this DVD because I wanted a practical approach to Functional Movement, also for revalidation. Love it. Good companion DVD to the Rehab of the Spine book 1 of 1 people found the following review helpful. Love Craig By Elizabeth Andrews GREAT education with this DVD. Worth the investment, for the

long haul. So glad I have this for my library!

Perfect for individuals of all ages and fitness levels, the Functional Performance Training DVD is the key to restoring function and maintaining an active lifestyle. Through activity and sport-specific training, this DVD helps to train balance, agility, and power for your whole body. Functional training involves the same movements you use in your daily life. This DVD emphasizes movement patterns which are important for daily tasks and sport or recreational activities. In contrast to traditional strength training which isolates individual muscles, Dr. Liebenson guides you in functionally integrated patterns that you will use in pushing, pulling, lifting, or carrying activities. This DVD will help you gain a basic movement literacy in the fundamental A,B,Cs of agility, balance, and coordination. This product is priced for individual use. Please contact your sales rep from Institutional Pricing.