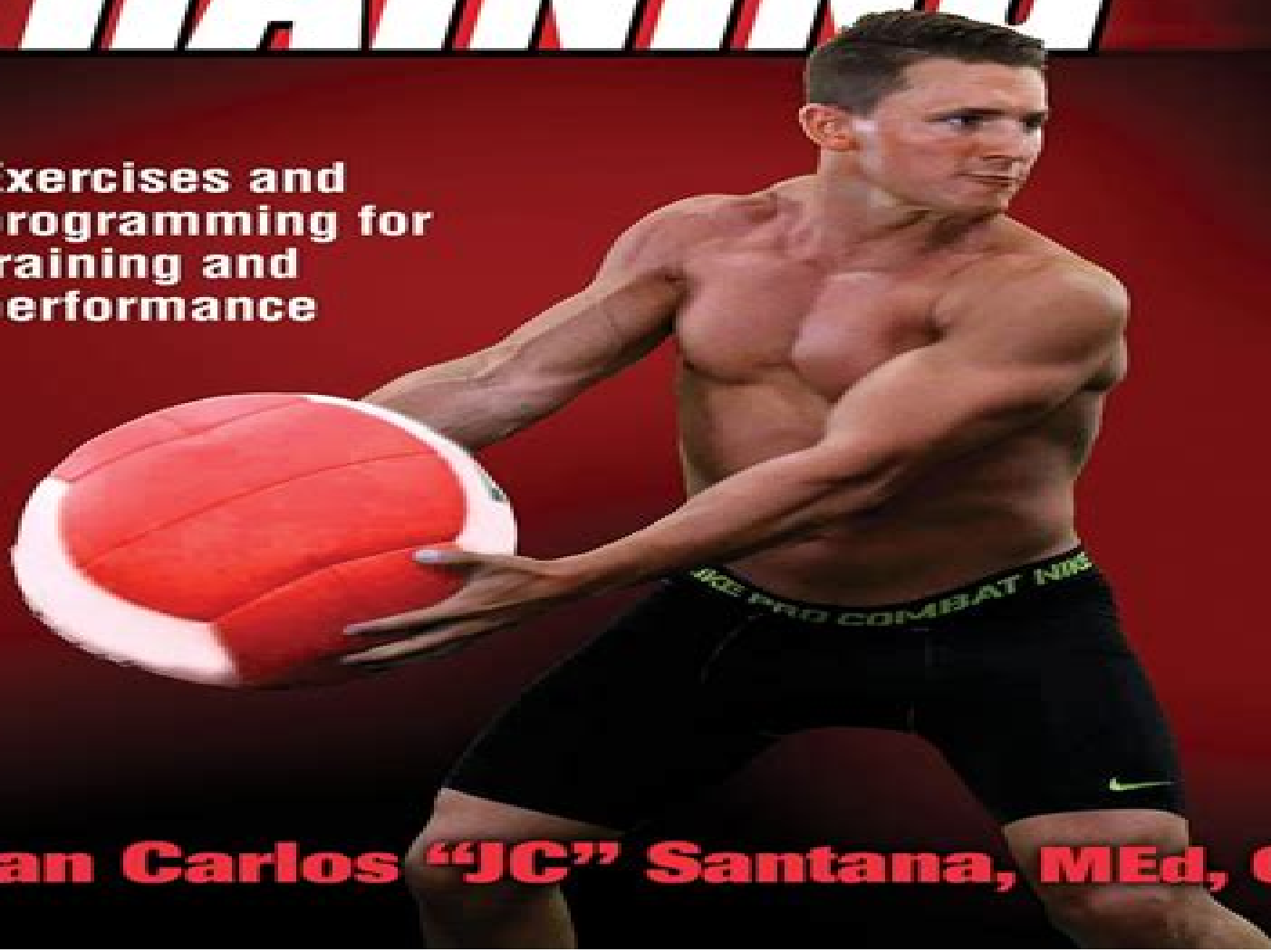


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**Juan Carlos "JC" Santana, MEd, CSCS**

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**Juan Carlos Santana**



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*Functional Training; Breaking the Bonds of Traditionalism Companion Guide* Juan Carlos Santana, 2000-01

**Functional Training** Juan Carlos Santana, 2016-09-13 Ob Kraft Ausdauer oder Leistungssteigerung sportartspezifische Übungen oder Programmentwicklung dieses Standardwerk des amerikanischen Elitetrainers Juan Carlos Santana ist eine umfassende Ressource für jeden Athleten Coach und Trainer Es enthält die neuesten Erkenntnisse und deckt alle Konzepte Übungen Progressionen und spezifischen Sequenzen ab auf denen ein seriöses funktionelles Trainingsprogramm basiert Es bietet spezifische Informationen für elf populäre Sportarten und mehr als 135 Übungen mit dem eigenen Körpergewicht mit Band und Kabelzugsystemen Kurzhanteln Kettlebells Medizin und Gymnastikbällen für alle Muskelgruppen des menschlichen Körpers Santana arbeitet mit einem dreistufigen Integrationssystem das es ermöglicht funktionelle Bewegungen in ein bestehendes Krafttrainingsprogramm zu integrieren Um dies effektiv umzusetzen werden im ersten Schritt die bei einer Sportart geforderten Bewegungen und Muskeln ermittelt und dann die für die individuellen Ziele optimalen Übungen und Programme ausgewählt Zusätzliche komplexere Methoden helfen dabei spezielle Probleme anzugehen und zu lösen

This book delves into Ebook Online Functional Training Juan Carlos Santana. Ebook Online Functional Training Juan Carlos Santana is a crucial topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Ebook Online Functional Training Juan Carlos Santana, encompassing both the fundamentals and more intricate discussions.

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    - Chapter 1: Introduction to Ebook Online Functional Training Juan Carlos Santana
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    - Chapter 3: Ebook Online Functional Training Juan Carlos Santana in Everyday Life
    - Chapter 4: Ebook Online Functional Training Juan Carlos Santana in Specific Contexts
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  2. In chapter 1, the author will provide an overview of Ebook Online Functional Training Juan Carlos Santana. This chapter will explore what Ebook Online Functional Training Juan Carlos Santana is, why Ebook Online Functional Training Juan Carlos Santana is vital, and how to effectively learn about Ebook Online Functional Training Juan Carlos Santana.
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  5. In chapter 4, the author will scrutinize the relevance of Ebook Online Functional Training Juan Carlos Santana in specific contexts. The fourth chapter will explore how Ebook Online Functional Training Juan Carlos Santana is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, this book will draw a conclusion about Ebook Online Functional Training Juan Carlos Santana. The final chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Ebook Online Functional Training Juan Carlos Santana.

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