



Functional Exercise Progressions

Mary M. Yoke, Carol Kennedy

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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.

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