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Allan Collins



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The Complete Guide to Functional Training Allan Collins, 2015-12-24 As well as being the concept in fitness and strength and conditioning functional training is also probably the most poorly understood concept in fitness Functional training is any exercise that improves your ability to perform tasks required in your day to day life job or chosen sport so that each movement included as part of your workout mimics a range of motion or engages muscles that are necessary to impact on performance whether it be on the rugby pitch or simply the ability to lift small children out of car seats Includes over 100 functional exercises and detailed pictures and descriptions of all the techniques show you clearly how to apply them into your training programme

The Complete Guide to Kettlebell Training Allan Collins, 2015-12-08 The perfect introduction to kettlebell training a hugely popular piece of equipment with tried and tested results A kettlebell is a weight that looks like a cannonball with a handle Originating from Russia kettlebell training is now a global phenomenon with clubs gyms and individuals investing in equipment and training Weights range from 4kg to 48kg They differ from dumbbells and barbells in that the centre of mass is offset from the handle so the weight constantly pulls against your hand improving coordination and anaerobic fitness and strengthening your core muscles Kettlebells can be used for a variety of purposes from weight loss to strength training by people with a range of fitness levels Popular with celebrities such as Penelope Cruz and Sylvester Stallone they are also used for training players at Chelsea and Liverpool football clubs and in 2010 the British Army got on board when their PTI corp responsible for the Army's physical training signed up to a 30 day course designed and implemented by the author The book includes information on the benefits of kettlebell training and how to use the equipment safely and provides warm ups drills and training programmes for beginner intermediate and advanced levels From buying a kettlebell to training for weight loss it's a comprehensive guide to a popular new fitness tool

La Préparation physique moderne Aurélien Broussal-Derval, Olivier Bolliet, 2022-01-13 LA PR PARATION PHYSIQUE VOLUE ELLE SE DIVERSIFIE SE MODERNISE SE COMPLEXIFIE CHACUNE DE SES COMPOSANTES SE FAIT L APANAGE DE SP CIALISTES DE L ENTRAINEMENT DE LA R CUP RATION MAIS AUSSI DE LA R ATHL TISATION C est fort de ce constat qu Aur lien Broussal Derval et Olivier Bolliet ont d cid d allier leur savoir faire celui d autres experts cr ant un ouvrage qui permette chacun de s exprimer dans son domaine de pr dilection LA PR PARATION PHYSIQUE MODERNE Au fil des pages le lecteur red couvrira ou approfondira les diff rents th mes incontournables de la pr paration physique clair et guid par des sp cialistes Innovant de par sa forme l ouvrage l est plus encore en son fond les auteurs ayant r alis un exercice que peu avaient r ussi jusqu alors faire le lien entre des connaissances scientifiques r centes et des pratiques de terrain concr tes Entre les trait s purement th oriques qui constituent le socle indispensable l analyse de l entra neur et les manuels pratiques nourrissant concr tement le quotidien du pr parateur physique LA PR PARATION PHYSIQUE MODERNE trouvera sans aucun doute sa place dans la biblioth que de tout passionn de m thodologie d entra nement Le succ s de LA PR PARATION PHYSIQUE MODERNE a permis

aux auteurs de véhiculer leur passion auprès d'un lectorat chaque jour davantage investi et inspiré. Ils ont le plaisir de vous en proposer une réédition chez 4TRAINER Editions. L'ouvrage fait peau neuve et vous est proposé dans une version revue et enrichie.

Les Tests de terrain Aurélien Broussal-Derval, Olivier Bolliet, 2022-05-07

Alors que la littérature sportive traditionnelle regorge d'écrits et de tests de laboratoire compulsés en d'innombrables ouvrages rares sont ceux qui peuvent être utilisés par les acteurs du monde du sport. C'est en tenant compte de ce manque qu'Aurélien Broussal-Derval et Olivier Bolliet ont entamé leurs recherches afin de livrer tous ceux qui vivent le sport au quotidien un outil pratique et utilitaire. Au croisement des mondes latins slaves et anglo-saxons ils ont recensé puis compilé plus d'une centaine de TESTS DE TERRAIN pour offrir aux préparateurs physiques aux kinésithérapeutes aux professeurs d'EPS ou autres personnels trainers une approche complète de la discipline sportive. Parce que le sport se vit sur le terrain les auteurs proposent un ouvrage 100 % fonctionnel au plus près des besoins des spécialistes de l'entraînement. Les TESTS DE TERRAIN sont tous présentés avec un protocole précis sous forme de fiches pratiques qui allient tableaux de références et illustrations points forts et points faibles de chacun etc. L'ouvrage est axé sur la performance tout autant que sur la prévention alternant entre des tests de qualités physiques et des tests structurels répondant ainsi aux besoins de tous les professionnels du sport sans exception aucune. Les TESTS DE TERRAIN trouveront toute leur place non seulement dans les bibliothèques d'experts auprès des grands ouvrages théoriques mais également aux bords des pistes d'Athlétisme sur les terrains de Basketball l'angle des tatamis l'or depuis des décennies ils sont les meilleurs outils de préparation physique.

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