



## Functional Strength for Triathletes: Exercises for Top Performance

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By Ingrid Loos Miller, Jim Herkimer

Meyer & Meyer Sport (UK) Ltd. Paperback. Book Condition: new. BRAND NEW, Functional Strength for Triathletes: Exercises for Top Performance, Ingrid Loos Miller, Jim Herkimer, This simple, authoritative guide shows triathletes of all levels how to effectively strength train at home with functional moves that challenge the body in multiple planes of motion to enhance stability and ignite the neuromuscular system for better performance. Detailed instructions show you how to incorporate the Functional Strength Training Model into your existing training plan. The book features a ready-made, customizable program with lots of pictures so you can start getting stronger before your next race.



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