



Functional Fitness features practical, easy-to-follow exercises for athletes, coaches and fitness enthusiasts in helping build your fittest body ever by simulating sports-specific and daily lifestyle movement patterns.

THE BOOK

Functional Fitness conditions your body for athletic and sports performance. The Body Coach®, Paul Collins, provides step-by-step coaching and workouts utilizing body weight, fitness balls, medicine balls, plyometrics, resistance bands, stability training and speed training equipment.

Functional Fitness co-ordinates one's muscular framework for producing more dynamic agility and power for full body control. The muscles are trained and developed in such a unique way as to make the performance of athletic movements more efficient, enhancing the performance of a specific movement or skill.

THE AUTHOR

As a leader in the field of personal fitness, back care and weight loss, Paul Collins, Australia's Personal Trainer™, has successfully combined a sports fitness background with a degree in physical education and an international certification as a strength and conditioning coach, personal trainer, first aid officer and sports coach.

Collins is creator of The Body Coach® exercise products and educational programs. Coaching since the age of 14, he is now an award-winning personal trainer with more than 20 years of experience. His clients are world-class athletes including national Olympians and Paralympic World Champions.



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THE BODY COACH

Functional Fitness

PAUL COLLINS



THE BODY COACH
PAUL COLLINS

Functional
Fitness
Build Your Fittest Body Ever

- Condition your body
- Step-by-step coaching
- Train sport-specific movements

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Medical Disclaimer:

The exercises and advice given in this book are in no way intended as a substitute for medical advice and guidance. It is sold with the understanding that the author and publisher are not engaged in rendering medical advice. Because of the differences from individual to individual, your doctor and physical therapist should be consulted to assess whether these exercises are safe for you. Consult your doctor and physical therapist before starting this or any other exercise program. The author and publisher will not accept responsibility for injury or damage occasioned to any person as a result of participation, directly or indirectly, of the use and application of any of the contents of this book.

The Body Coach Series

Functional Fitness

**Build Your Fittest Body Ever
with Australia's Body Coach®**

Paul Collins



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