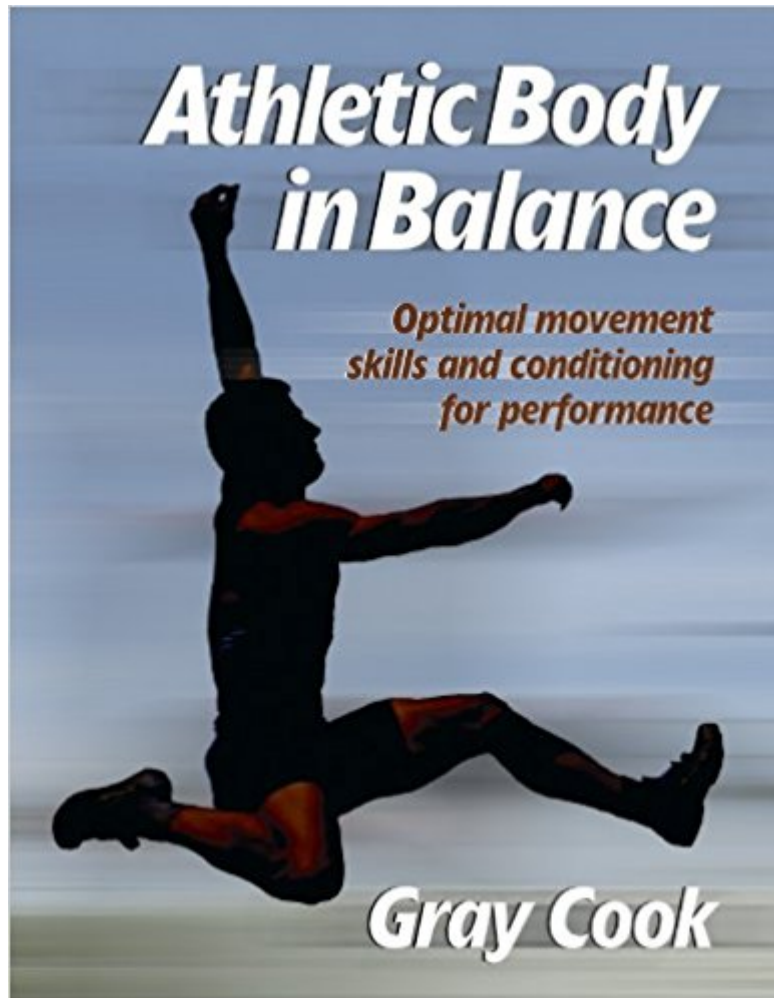




The book was found

# Athletic Body In Balance



## Synopsis

Great athletes make difficult moves look effortless with a combination of skill, strength, and balance. Traditional conditioning builds a fitness base, but modern sports training takes into account athletic movement patterns. *Athletic Body in Balance* is the first guide of its kind to show you how to train for smooth, fluid movement and prevent muscle imbalances, mobility restrictions, stability problems, and injuries. Physical therapist and sports conditioning expert Gray Cook has proven the effectiveness of his approach through the performances of athletes in the NFL, NBA, NHL, WNBA, and Reebok's University's sports training system. Cook's methods will help you identify functional weaknesses; correct imbalances; explore your potential; and refine sport-specific movement skills such as jumping, kicking, cutting, and turning. You will see where conditioning is breaking down and how to get your body back on track. Whereas other books concentrate on maximizing your strengths, *Athletic Body in Balance* focuses on exposing and overcoming your weaknesses to form a foundation for long-term training gains. Learn how to maintain what you gain and build on your improvements. Make this comprehensive assessment tool your training guide. Prepare and repair your body for ultimate athletic performance with *Athletic Body in Balance*.

## Book Information

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## Customer Reviews

Gray Cook is a physical therapist, board certified in orthopedics. He also is a certified strength coach with experience in several sports at the youth, college, and professional levels. Cook is a nationally recognized lecturer and consultant to the NFL, NBA, NHL, and WNBA as well as

numerous college sports medicine and conditioning facilities. His innovative research and applied work are found in many rehabilitation and conditioning publications. Cook is the director of orthopedic and sports physical therapy at Dunn, Cook & Associates. He also serves as the creative director of sport-specific training for Reebok® and is Reebok's® first master coach. Gray Cook received his graduate degree in physical therapy education at the University of Miami School of Medicine with a focus on orthopedics and sports rehabilitation and research in motor learning. Cook is a faculty member of the North American Sports Medicine Institute and is the codeveloper of the course titled Functional Exercise Training and Rehabilitation. He lives in his hometown of Danville, Virginia.

I suspect that his later books have more detail. This one has recommendations but is short on explanation and background. It is more of a "do this" type of book. When it was written it was ground breaking but at this point (2015) there are better resources, including some of Gray's more recent work.

Game changing book, written for laypeople to understand their own mobility and stability issues. The beauty of this book is that it provides a self assessment test that anyone can do, and after this, exercises/stretches to correct weaknesses, improve flexibility and stability, and build from there. I've been using his methods for 4 weeks, and when done in the thoughtful, deliberate manner he recommends, it works. Figure that wherever you are presently-you didn't get there overnight-so, no surprise, time and correct effort and mental thought are the keys to getting better. Gray's talk at Google, which is on YT is worth a listen.

Great stuff, basically the foundations of the Functional Movement Screen. Easily adapted by personal trainers and strength coaches for the gym floor. Also, some great warm-up sequences. One of my favorites and regularly recommend it for corrective exercise foundations.

A must have for Personal Trainers. It will make you broaden your approach to training all your clients.

I like it pretty short.

It's in perfect condition. It has exactly the exercise programs I'm looking for to get back into good

condition and riding form. It also has very clear pictures of each exercise and explains how it is beneficial to you.

Very good book to have for a coaching library. Reiterates what is already known and helps explain things a bit better.

Another awesome resource!

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Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Athletic Body in Balance BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Management Strategies in Athletic Training-4th Edition (Athletic Training Education) Emergency Response Management for Athletic Trainers (Lww's Athletic Training Education) Core Concepts in Athletic Training and Therapy With Web Resource (Athletic Training Education) Off Balance: Getting Beyond the Work-Life Balance Myth to Personal and Professional Satisfaction Off Balance: Getting Beyond the Work-Life Balance Myth to Personal and Professional Satisfaction Cash Balance Combos: A Practical Guide for Understanding and Operating Cash Balance/Defined Contribution Plan Combination Arrangements Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1) CHAKRAS: Chakras For Beginners - How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (Chakra Meditation, Balance Chakras, Mudras, Chakras Yoga) Your Flight is Out-of-Balance, Captain!: The Role of Effective Communication in Today's Aircraft Weight & Balance Planning Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science Slow Fat Triathlete: Live Your Athletic Dreams in the Body You Have Now The Endurance Handbook: How to Achieve Athletic Potential, Stay Healthy, and Get the Most Out of Your Body The Bath and Body Book: DIY Bath Bombs, Bath Salts, Body Butter and Body Scrubs Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight loss, lean body.) Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) Homemade Organic Skin & Body Care: Easy DIY Recipes and

Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) Body Scrubs: 30 Organic Homemade Body And Face Scrubs, The Best All-Natural Recipes For Soft, Radiant And Youthful Skin (Organic Body Care Recipes, Homemade Beauty Products, Bath Teas Book 1)

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