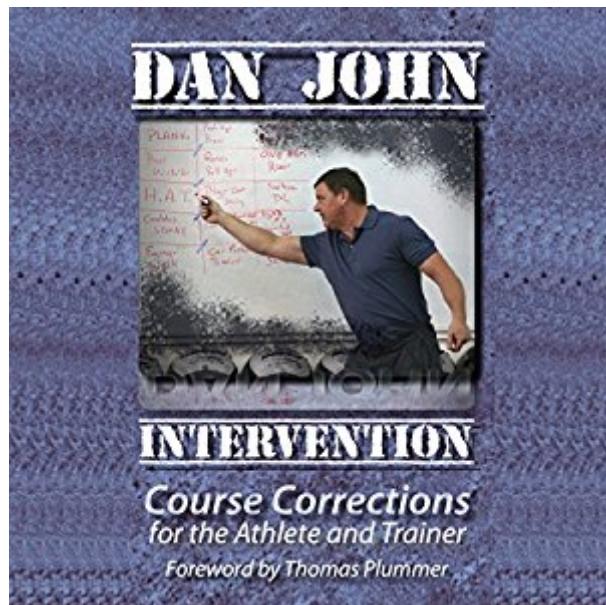


The book was found

# Intervention: Course Corrections For The Athlete And Trainer



## **Synopsis**

You have two choices: Be lucky enough in middle school, junior high, or high school to be taught basic body movements and step-by-step instructions in the Olympic lifts, powerlifting, mobility, flexibility, kettlebell training, and tumbling. Apply intervention five principles. Here are the answers, but the questions are the real keys: Strength training for lean body mass and joint mobility work trump everything else. Fundamental human movements are...fundamental. Standards and gaps must be constantly assessed. The notion of "park bench" and "bus bench" workouts must be applied throughout the training lifetime. Constantly strive for mastery and grace.

## **Book Information**

Audible Audio Edition

Listening Length: 5 hours and 42 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: On Target Publications

Audible.com Release Date: June 25, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B010EIUKSO

Best Sellers Rank: #61 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #250 in Books > Audible Audiobooks > Nonfiction > Sports & Recreation #2536 in Books > Health, Fitness & Dieting > Exercise & Fitness

## **Customer Reviews**

One of the best reasons to buy Dan John's books is that he's a funny read as well as an insightful coach. A natural raconteur, the author intersperses many of the chapters with anecdotes and snapshots of everyday life that lift the book above just being a bare matter of rep schemes, discussion of exercise selection etc. It was having enjoyed 'Never let go' on that basis that swayed me towards ordering 'Intervention'. That's not to say that this wouldn't be an invaluable resource even if it was reduced to bare bones. The author does, in fact, repeatedly distill down his message and points out, in fact, that a lot of the time he feels he is telling athletes perfectly obvious or even common sense things: 'Fundamental human movements are fundamental', 'eat like an adult'...One of the key points I took away from 'Intervention' is the value in accurately determining what your training needs are relative to the pressures and time-constraints of other aspects of life. A full-time

job, some niggling injuries and an additional factor like a new baby or impending marriage (for example) doesn't go hand-in-hand with implementing a programme that was designed to get someone ready for a special forces pre-selection course, or football combine tests... And yet, that is what many of us have in our head when considering what is a 'reasonable' programme to attempt. Dan John champions an alternative approach favouring what is reasonable and sustainable versus tough but (sadly) unsustainable. Throughout he champions the use of fundamental human movement patterns as a basis for programme construction, with discussion of concepts around ensuring these movements are being performed optimally according to the trainee's needs, from novices through to advanced athletes.

[Download to continue reading...](#)

Intervention: Course Corrections for the Athlete and Trainer Corrections Officer Exam (Corrections Officer Exam (Learning Express)) Clinical Interviews for Children and Adolescents, Second Edition: Assessment to Intervention (Guilford Practical Intervention in the Schools) Nursing Care Plans: Nursing Diagnosis and Intervention, 6e (Nursing Care Plans: Nursing Diagnosis & Intervention) Python: Python Programming Course: Learn the Crash Course to Learning the Basics of Python (Python Programming, Python Programming Course, Python Beginners Course) Corrections Officer Exam Study Guide: Test Book and Practice Test Questions Justice Administration: Police, Courts and Corrections Management (7th Edition) Corrections in America: An Introduction (14th Edition) Equine Sports Medicine and Surgery: Basic and clinical sciences of the equine athlete, 2e Care and Feeding of an Athlete: What You Need to Know to Rise to the Top of Your Game The Mindful Athlete: Secrets to Pure Performance You Wouldn't Want to Be a Greek Athlete! You Wouldn't Want to Be a Greek Athlete!: Races You'd Rather Not Run Teacher Created Materials - TIME For Kids Informational Text: In the Game: An Athlete's Life - Grade 4 - Guided Reading Level Q (Time for Kids Nonfiction Readers) Next Round: A Young Athlete's Journey to Gold Long-Term Athlete Development Mind Gym: An Athlete's Guide to Inner Excellence The Corporate Athlete Mo Vaughn: At the Plate with... (Athlete Biographies) On the Field with...Derek Jeter (Athlete Biographies)

[Dmca](#)