



# The Institute of Human Performance

**IHPCOMBAT**

@import "http://www.ihpcombat.com/mambots/content/plugin\_jw\_ts/tabs\_slides.css";  
.jwts\_tabbernav{display:none;}

## Books



[Combat Books](#)

[Endurance Training](#)

### **The Essence of Functional Training Companion Guide**

**\$ 54.95**

The Functional Training: Breaking the Bonds of Traditionalism Companion Guide explores the revolutionary concept of functional training. [\[Product Details...\]](#)

### **The Essence of Program Design**

**\$ 54.95**

This is the first training programming book of its kind. No sections on physiology, anatomy, or scientific references-just programming made simple and ready for the road test! [\[Product Details...\]](#)

### **The Essence of Band and Pulley Training Companion Guide**

**\$ 54.95**

This companion guide expands on the dynamic two-volume DVD series. More than 250 pages and 300 pictures bring band and pulley training to life. [\[Product Details...\]](#)

**The Essence of Bodyweight Training Companion Guide**

**\$ 54.95**

The Essence of Bodyweight Training Companion Guide is the reference text on bodyweight training. No other book includes the volume of exercises or programming ideas this book contains. [\[Product Details...\]](#)

**The Essence of Medicine Ball Training Companion Guide**

**\$ 54.95**

The Essence of Medicine Ball Training Companion Guide is the reference text on medicine ball training. The information in this text follows the Essence of Medicine Ball Training DVD and expands on its content.

[\[Product Details...\]](#)

**The Essence of Stability Ball Training Companion Guide**

**\$ 54.95**

The Essence of Stability Ball Training Companion Guide provides you with the most comprehensive collection of stability ball exercises ever assembled. [\[Product Details...\]](#)

**The Essence of Dumbbell Training Companion Guide**

**\$ 54.95**

The Essence of Dumbbell Training Companion Guide is the only comprehensive text dedicated to dumbbell training in the fitness industry. [\[Product Details...\]](#)

**Ultimate Back Fitness and Performance**

**\$ 49.95**

This is the only book JC Santana recommends when it comes to the latest on ultimate back fitness. Get the latest scientific evidence on one of the most controversial topics in fitness: back rehabilitation and training.

[\[Product Details...\]](#)

- « « Start
- « Prev
- 1
- Next »
- End » »

Results 1 - 8 of 8

## Recently Viewed Products

- [Large Carabineer](#) (Category: [JC Grip Dominator](#))
- [JC Quads](#) (Category: [JC Band Products](#))
- [The Max: Functional Training for the Endurance Athlete](#) (Category: [Endurance Training](#))
- [JC Multipurpose Strap](#) (Category: [JC Straps](#))
- [Final Countdown II - The House of Pain](#) (Category: [Combat Training](#))
- [Final Countdown Companion Guide](#) (Category: [Combat Books](#))