



## The Institute of Human Performance

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## The Max: Functional Training for the Endurance Athlete

\$ 54.95

**"To the MAX: Functional Training for the Endurance Athlete"** will change the way the endurance athlete trains forever! Juan Carlos "JC" Santana now brings the endurance athlete his many years of strength and conditioning experience. JC's Institute of Human Performance has become known as the Mecca of functional strength training, and endurance athletes from all over the world come to IHP to learn the latest breakthroughs in functional training. The **"To the MAX"** project represents decades of training development and experience and it is the most comprehensive resource on functional training for the endurance athlete. **"To the MAX"** book presents cutting edge functional training exercises, modalities and protocols designed specifically with the endurance athlete in mind. JC's innovative approach will provide a stronger, injury-free level of performance, challenging athletes of any level. The **"To the MAX"** book will guide and teach the endurance athlete how to apply and integrate JC's functional training methods into their current training program and change the way the endurance world thinks about functional strength training! This book is the perfect compliment to the **"To the MAX"** DVD and it is a must for athletes, coaches and personal trainers that love endurance sports.

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