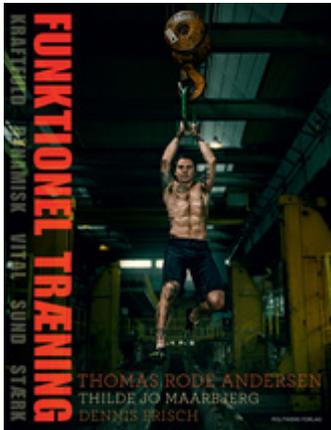


Functional Training

Funktionel træning

by Thomas Rode Andersen, Dennis Frisch, Thilde Jo Maarbjerg



Top tuned body? More muscles? Peaking metabolism, vitality and boost of energy? All this comes with Functional Training. The trio behind it featuring Thomas Rode Andersen, Thilde Jo Maarbjerg and Dennis Frisch is passionately devoted to and practising functional training – training, that mimic the movement patterns man originally used to run, jump, climb, and all in all, to survive.

The book presents ideas, inspiration and programs for functional training. Training that puts health in focus and enables you to use your body at its best so you can embrace life's challenges and stay powerful, free and effortless. Focus is also on the key to a daily habit of training: motivation or lack of same.

Functional Training describes a wide range of exercises and comes with proposals for putting together sets to be done anywhere, any time and without using machines. 20 protein-rich and easily accessible recipes will help rebuild the muscles after exercise and ensure that the body recovers quickly.

Thomas Rode Andersen is one of Denmark's best chefs, having worked at Michelin-starred restaurants throughout his career. Thomas Rode Andersen now focuses on his work as counsellor and front-runner with the Paleo Diet and cross-fit performance. His life story is depicted in the autobiography *In His Majesty's Service (I kongens klæ'r)* and he has written the bestsellers *The Stoneage Diet* and *Paleo*.

Thilde Jo Maarbjerg is restaurant manager, sommelier and co-author of the bestseller *Paleo*.

Dennis Frisch has worked many years as personal and physical trainer for athletes and teaches training for fitness instructors and personal trainers.

Thomas Rode Andersen has worked at one- and two-starred Michelin restaurants in Germany, Austria and Denmark. In Denmark he has led some of the best restaurants such as Falsted Kro and Kong Hans Kælder in Copenhagen, which he secured Michelin-stars for 7 consecutive years. He has mentored a row of talented cooks and scous-chefs who have gone on to make names for themselves within the restaurant business.

In 2008 Thomas began changing the menu at Kong Hans Kælder to reflect the healthy lifestyle he himself now adheres to. Thus visitors can enjoy a gourmet meal

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based on the palaeo-principles guaranteed to thrill their palates, stomachs and bodies. Thomas Rode Andersen has left Kong Hans spring 2014 and is now focusing on his work as counsellor, speaker and front-runner within the Paleo Diet and cross-fit performance.

His life story is depicted in the autobiography *I kongens klæ'r (In his Majesty's Service)*.

Thilde Jo Maarbjerg is the restaurant manager and sommelier of the Kong Hans restaurant and was crowned Best Sommelier by Danish restaurant guide Den danske Spiseguide in 2008.
