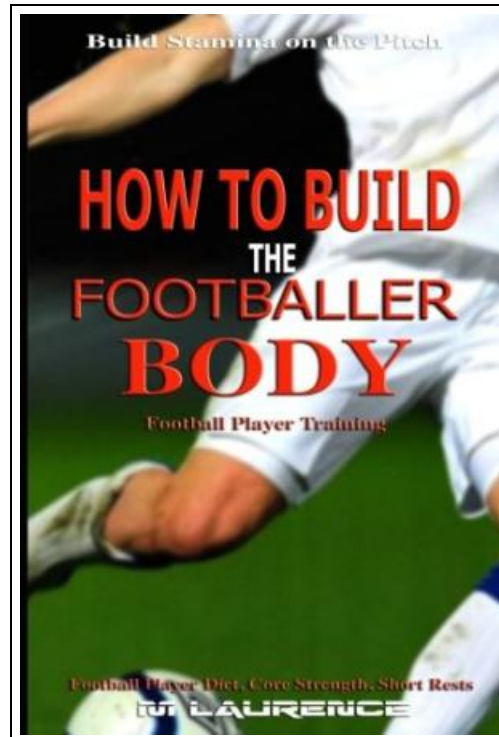


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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you want to improve your football game? Do you want to improve your football body? - Fact: Soccer is arguably the most popular sport in the world today! - Fact: Despite this, many football players still follow out-dated athletic conditioning programs - Fact: Natural talent is great but if you want to be the best in your position, to be a professional player you need to properly train for it. Football is a global sport from India to England to Kazakhstan the game is played the world over. There are new powerhouses now emerging such as China who now compete with Europe's elite teams for the best players. Top players command unprecedented wages. But these top players have two qualities that separate them from the rest. 1) The Desire to be the best 2) The Desire to train to be the best My book is dedicated to anyone who wants to take their game to the next level. This will include fitness, strength, stamina, flexibility and ball skills. All designed to create the football body. This book includes 10 ultimate Workouts and Pre and Post workout high Protein shakes. I personally really enjoy training for football, and the more knowledge I have gained, the more research I have learnt, combined with my dietary investigation - led me to pairing down exercises I believe cause the most growth and therefore the most improvement. This led me to compiling this go-to guide. I certainly didn't want to write a mammoth 300 book that drones on and on for hours. Who has time to read that? There are enough of those about. I wanted to give you a fast go-to...



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