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How to Build the Footballer Body: Football Player Training, Build Stamina on the Pitch, Football Player, Short Rests, Core Strength, Football Player Diet, Top Drills to Build Endurance Cardio Exercisès, 20 Mass Building

By M Laurence

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...



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