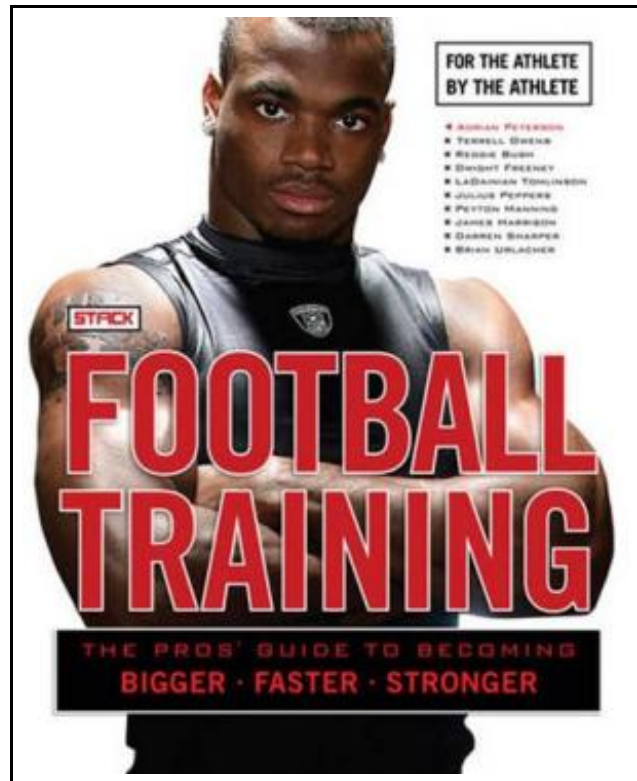


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Triumph Books. Paperback. Book Condition: new. BRAND NEW, Football Training: The Pros' Guide to Becoming Bigger, Faster, Stronger, Stack Media, Minnesota Vikings Pro Bowl running back Adrian Peterson wasn't born with the body of an NFL gladiator. He built it over time with safe, effective, and intense training, training that shaped his physique and boosted his on-field performance to amazing levels. Access to state-of-the-art training information and guidance from the best strength coaches in the business allowed Peterson and other NFL greats to realize their dreams and master their athletic destinies. Football Training: For the Athlete, By the Athlete provides the same expert training information to all football players, as well as to other athletes who are serious about reaching their training goals. Having spent the past four years recording hundreds of training sessions by the NFL's best athletes, the editors of Stack have built a library of grueling workouts, training secrets, and nutritional tips used by America's professional gridiron greats. This book gives an inside look at the best workouts, together with instructions and advice from ten of pro football's most prolific and well-conditioned players and their coaches. The pros' training methods are compiled into detailed workout programs, with step-by-step exercise descriptions, that will improve on-field performance in the safest and most effective ways possible. You'll see actual workouts performed by Adrian Peterson, Terrell Owens, Reggie Bush, Dwight Freeney, LaDainian Tomlinson, Julius Peppers, Peyton Manning, James Harrison, Darren Sharper, and Brian Urlacher to improve speed, strength, power, agility, flexibility, and conditioning--in preparation for and throughout their distinguished NFL careers. In addition, you'll be inspired by the encouraging stories, motivational techniques, and training perspectives behind these athletes' rise to stardom.



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