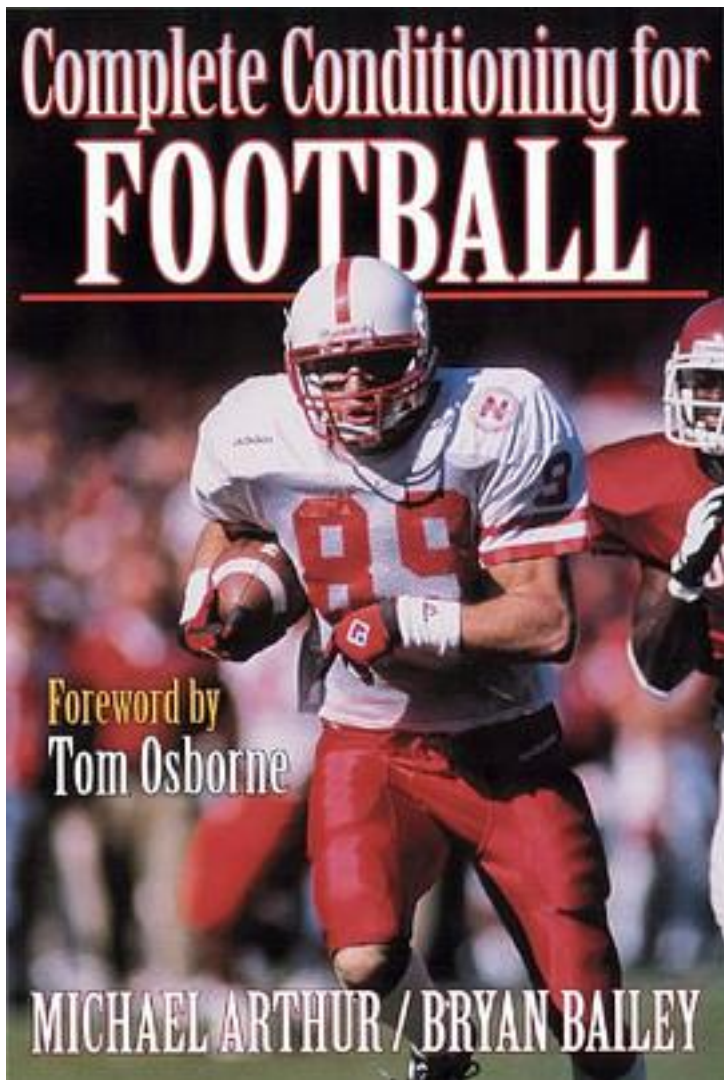


Complete Conditioning for Football



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For the past three decades the University of Nebraska football program has set the standard of excellence for successful conditioning. Complete Conditioning for Football presents the same program the Cornhuskers use to power their way to national championships. Base, development, peak, and in-season training programs are provided for beginning, intermediate, and advanced players. The book includes 98 position-specific exercises that help players improve speed, agility, power, and endurance. Sample workouts are provided for offensive linemen, defensive linemen, linebackers, running backs, receivers, and defensive backs. Chapters also cover the key training principles of adaptation, specificity, overload, periodization, and proper rest and nutrition.

作者介绍:

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