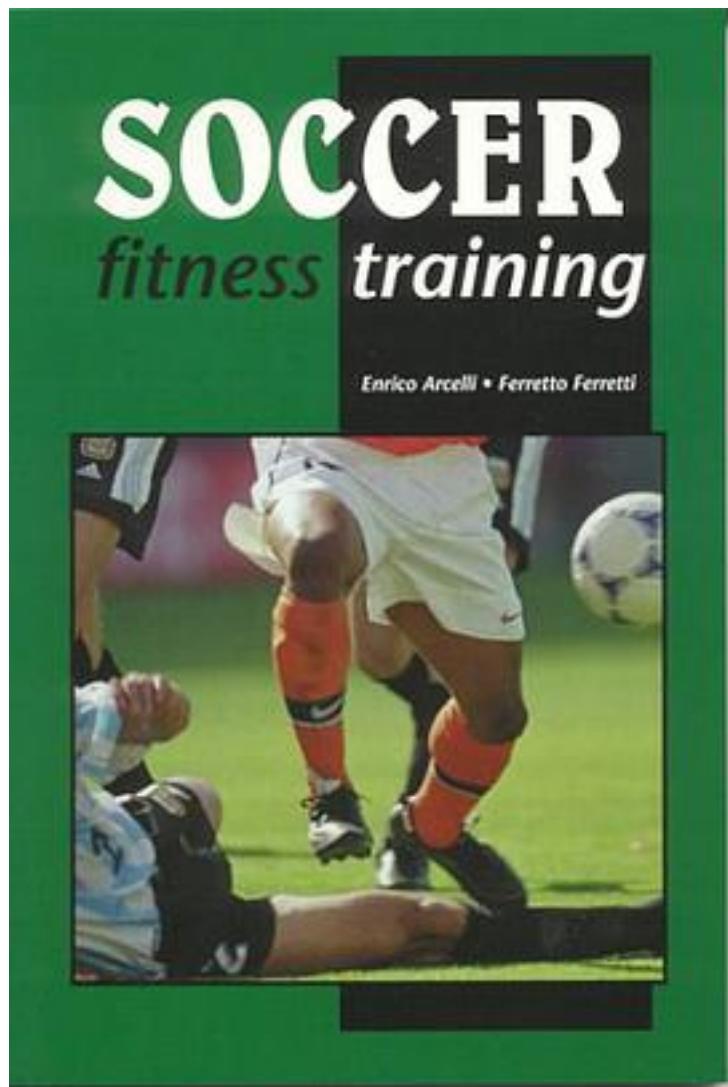


# Soccer Fitness Training



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This book is a thorough technical examination of soccer specific fitness training. What happens in a soccer player's muscles, organs, circulation and the rest of his body while playing soccer? How is it possible to act on the body's structure and functions to improve performance? The answers can be found here from the top fitness coach in Italian soccer.

作者介绍:

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