



The Ultimate Guide to Physical Training for Football

Mike Gentry, Tony Caterisano

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These days, college football is as much about strength and conditioning as it is about having outstanding athletes on your team. If you have both, your team will likely be successful. Athletes and coaches alike are looking to build overall power and stamina, while helping develop self-discipline and realize athletic potential. *The Ultimate Guide to Physical Training for Football*, now newly revised from the original *A Chance to Win*, is the complete guide to strength/power training, plyometrics, functional conditioning, and flexibility training. Critical topics covered include:

- Strength and lean-body development
- Training cycles
- Step-by-step photographic guides for lifts and drills
- Conditioning for football
- Dynamic flexibility and stretching
- Integration of nutritional science
- Evaluation and building motivation
- And so much more!

Contained in this book are proven weight-training and conditioning programs designed to increase your football team's speed, strength, and agility.

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