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generate explosive power to move your opponent off the line of scrimmage; increase first-step, reactionary, and closing speed; improve arm and shoulder strength for longer, more accurate passes; and maximize agility and leg strength to hold blocks and break or avoid tackles.

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Complete Conditioning For Football

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Complete Conditioning For Football

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The Complete Off-Season Football Workout Plan | STACK

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Complete Conditioning for Soccer – Human Kinetics

Complete Conditioning for Football features a comprehensive training approach that builds players' abilities as well as the football-specific skills their positions require.

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Complete Conditioning for Football

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"Complete Conditioning for Football" features a comprehensive training approach that builds

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players' abilities as well as the football-specific skills their positions require.

"Complete Conditioning for Football" book/DVD package

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