



# How to Get in Football Shape: Strength Training

*Cool Springs Press*

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**How to Get in Football Shape: Strength Training** Cool Springs Press

"How To Get In Football Shape: Strength Training" is for the football player who has mastered the fundamentals of his position and wants to learn the proper techniques to improve strength-with an emphasis on building power and endurance.

The National Football League Coaches Association presents this combination book with DVD to provide the tools to help the players understand the proper techniques to prepare themselves for play.

From inside an NFL weight room, clearly presented techniques are demonstrated--the same techniques and proper exercise programs used in the NFL.

This Bert Hill-designed program builds power and endurance in each part of the body.

"How To Get In Football Shape-Strength Training" provides tested programs that will give the player a competitive edge that will enhance success on the football field.

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