



Football Training: The Pros' Guide to Becoming Bigger, Faster, Stronger

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Built from a library of grueling workouts, training secrets, and nutritional tips used by America's professional gridiron greats, this book gives an inside look at the best workouts, together with instructions and advice from ten of professional football's most prolific and well-conditioned players and their coaches. The pros' training methods are compiled into detailed workout programs, with step-by-step exercise descriptions, that will improve on-field performance in the safest and most effective ways possible. Such greats as Reggie Bush, Payton Manning, and Brian Urlacher perform actual workouts in this illustrative guide that will help all levels of athlete, or anyone else interested in diversifying their fitness approaches, step up their game.



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