



The Real Professional Football Training Program: This Proven Fitness Plan-the Actual Workouts Currently Used by NFL Stars-Will Get You and Your Team to the Next Level

Abdul Foster

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For years, Abdul Foster has been training his brother Arian Foster, a well-known and talented running back for the Houston Texans, and other NFL stars. In this book, Abdul presents his proprietary, effective and sought after training program that helps these NFL stars succeed. It features tips and advice from current NFL players who have gone through Abdul's training - Andre Johnson, Glover Quin Jr., James Ihedigbo, Brandon Lafell, Duane Brown, Owen Daniels and Darius Slay.

This book is a must-have for every serious high school football player and coach. It is scalable, realistic and achievable for youths with determination, desire to excel and dreams of an NFL career. In fact, Foster said he would have made the pros if he had had this program growing up - and his brother did!

Abdul calls it the "new wave" of football training, a modern approach less about over-training and more about training smarter. It's not until young talented players reach the NFL that they learn how to train properly with exercises that develop flexibility, speed & agility, stability and full-body strength that makes them dynamite players on the field. This book bridges the gap by giving kids the exercises and workouts the NFL stars use - adapted if necessary for younger athletes - information on preventing and recovering from injury, and a nutritional guide. This book is the perfect gift for any young football player with big dreams.

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