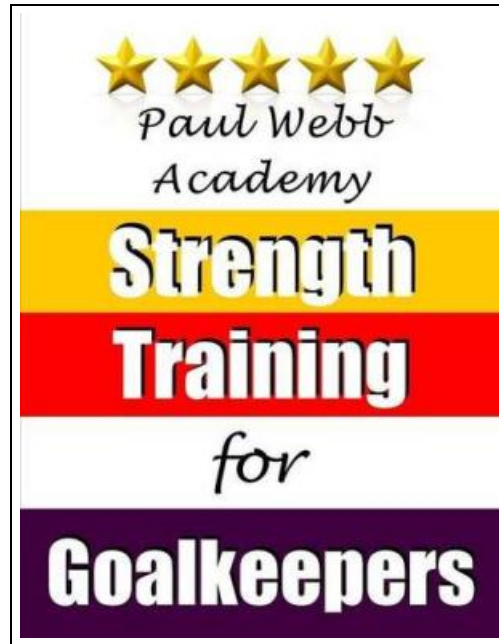


Strength Training for Goalkeepers (Paperback)



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Reviews

This pdf is indeed gripping and interesting. It is definitely simplistic but shocks within the 50 percent of your book. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Michael Spinka)

STRENGTH TRAINING FOR GOALKEEPERS (PAPERBACK)



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Bennion Kearny Ltd, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In Strength Training for Goalkeepers ex-professional footballer and renowned strength coach Paul Webb distils over 20 years of knowledge into a book designed to train goalkeepers to become stronger, faster, more explosive, and more resistant to injury. The method Paul uses is simple, and focused, yet extremely effective and unlike the vast majority of training programmes available has - at its core - the health of the athlete front and centre! Discover how to put all the pieces in place to become the strongest, most powerful, mentally strong, and hostile athlete you can possibly be! What you will learn: > Understand what you need to do to become the Strongest and Best Conditioned Athlete you can be > Details Beginner, Intermediate, and Advanced Training and Full Body Programmes > Dozens of Exercises including Goblet Squats, Sumo Deadlifts and Turkish Get Ups explained so you can start Getting Strong Fast > Contains more than 200 photos that show you how to complete individual exercises > Learn All About The Forgotten Workout - Recovery! > Dedicated Content on Nutrition and Supplements > Recognise the Importance of Mental Strength in Achieving Your Goals Please Note: There is a level of content overlap between books in this series, so please choose the most appropriate book for you.



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