

# NEXT GENERATION FOOTBALL TRAINING

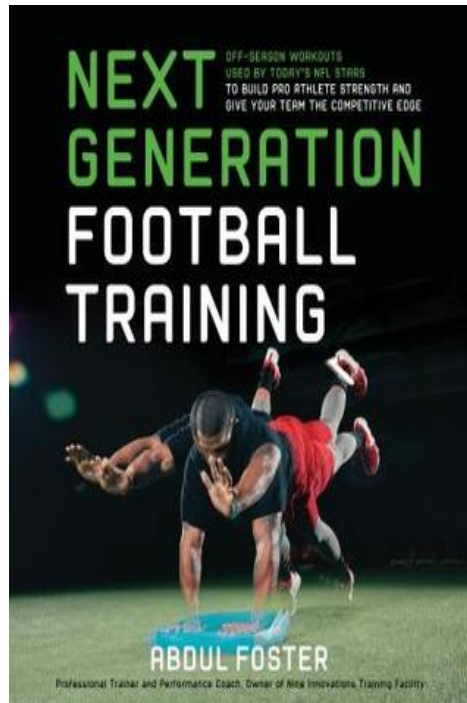
OFF-SEASON WORKOUTS  
USED BY TODAY'S NFL STARS  
TO BUILD PRO ATHLETE STRENGTH AND  
GIVE YOUR TEAM THE COMPETITIVE EDGE



ABDUL FOSTER

Professional Trainer and Performance Coach, Owner of Aika Innovations Training Facility

\* 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 \*



## Books Details

Author : Abdul Foster Pages : 308 pages Publisher : Page Street Publishing  
Language : ISBN-10 : 1624142400 ISBN-13 : 9781624142406

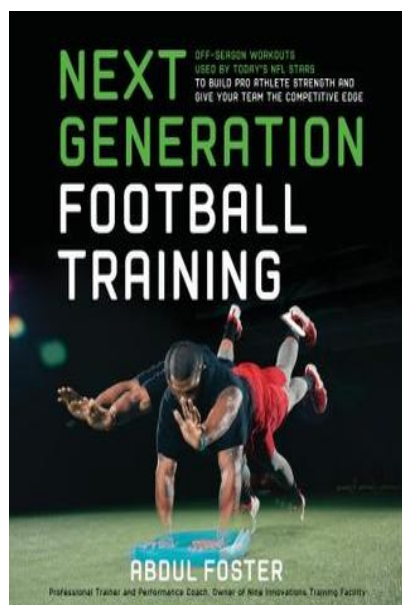
## Books Descriptions

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



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