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Complete Conditioning for Football

By Michael J. Arthur, Bryan L. Bailey

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During the past three decades the University of Nebraska football program has set the pace for successful conditioning. Now, two members of the Cornhuskers' strength and conditioning staff present the same program used by Nebraska to power its way to national championships.

The book includes 98 proven position-specific exercises that help players at all levels improve speed, agility, power, and endurance. The guide covers basic training principles of adaptation, specificity, overload, and periodization. It also lists which drills are beneficial for some players but not for others, and includes guidelines for proper rest and balanced nutrition.

The authors explain how to test and evaluate each player by position, using eight skills or factors that separate starters from second-stringers.

The book also includes:

- guidelines for 6 warm-up drills and 9 flexibility and mobility exercises,
- illustrated lifting technique for 37 strength training exercises,
- 26 speed drills for honing acceleration, and
- 58 agility drills that apply principles of acceleration.

The authors include a chapter with sample workouts for offensive linemen, defensive linemen, linebackers, running backs, receivers, and defensive backs. They also provide base, development, peak, and in-season training programs for beginning, intermediate, and advanced players.

Players and coaches alike will love the specific, detailed approach of *Complete Conditioning for Football*. Find out what's behind "Husker Power" by using the book to gain the performance edge.

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"Mike and Bryan have created a book that combines scientific strength and conditioning research with the practical application to show "why" and "how" to train. The Nebraska strength and conditioning program is recognized as the best in the nation. This book explains why."

Boyd Epley

Assistant Athletic Director

University of Nebraska

"This is not a weightlifting book but rather a football performance must! Mike is one of the most respected authorities in our profession and has finally put his best thoughts on paper. Everyone regardless of level will get insight not only to practical drills and lifts but also important philosophical considerations."

Dave Kennedy

Head Football Strength and Conditioning Coach

The Ohio State University

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