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Complete Conditioning for Football (Complete Conditioning for Sports)

By Patrick Ivey, Josh Stoner



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Today's players are bigger, stronger, and faster than ever before. A focused conditioning program has become essential to on-the-field success. *Complete Conditioning for Football* features a comprehensive training approach that builds players' abilities as well as the football-specific skills their positions require.

In this special book and DVD package, authors Pat Ivey and Josh Stoner explain and demonstrate the very same exercises and drills they use to develop speed, power, strength, and agility with the game's premier collegiate and professional players. Their programs will help you

- generate explosive power to move your opponent off the line of scrimmage;
- increase first-step, reactionary, and closing speed;
- improve arm and shoulder strength for longer, more accurate passes; and
- maximize agility and leg strength to hold blocks and break or avoid tackles.

In addition, the XX-minute DVD takes you onto the gridiron and into the gym to demonstrate the most effective exercises and drills for your position, skill set, and goals.

With physical assessment tests, nutrition advice, and seasonal workouts, *Complete Conditioning for Football* is your guide to maximizing your talents and becoming a perennial all-pro.

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"Physically dominate on the gridiron and recover more quickly with Complete Conditioning for Football." -- **Boyd Epley**, Hall of Fame Strength Coach

"Coach Ivey and Coach Stoner's training program prepared me to be at my best no matter what type of challenge I was presented with." -- **Jeremy Maclin**, Philadelphia Eagles First-Round Draft Pick 2009

"The knowledge and training I received from Coach Ivey and Coach Stoner were second to none, from the simple task of how to lift a weight correctly to what I should put in my body to get the best results." -- **Chase Daniel**, New Orleans Saints, Super Bowl Champion 2010

"Complete Conditioning for Football is packed with conditioning and training workouts for every position. Coach Ivey and Coach Stoner have created a one-stop resource for owning the line of scrimmage." -- **Andy Reid**, Head Coach, Philadelphia Eagles

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