

# Football Pir!

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Be A Star On The Field In No Time! With soccer season looming just around the corner its never too early to start getting ready. Soccer is an intense game, and its going to take a lot of work on your part to make sure that youre ready to stay ahead of your competition out on that field. The question is, do you know what it is you have to do to get yourself in fit, fighting form before soccer season starts? Or are you just aimlessly jogging around your block a couple of times a day hoping that it will provide your muscles with the conditioning they need to keep up with ninety minutes of fast paced, non-stop action once you hit that turf? If you are among the latter group there are two things you should know. One, that isnt going to get you anywhere, and two, youre in good company. Many people do not realize that training for a competitive sport such as soccer which requires you to have high levels of endurance and cardiovascular fitness. Plus the work rate required is much higher than the half hearted effort they make to get in shape every New Year, before eventually deciding to throw in the towel. If you are going to get serious about soccer, you need to get serious about your fitness. Fortunately for you, the process of getting in shape top play soccer is not a well guarded secret. You simply have to know the guidelines that the professionals use to get and keep their bodies fit so that they are ready for anything every time they step off of the sidelines. There are no magic powders and potions, no special tricks or gimmicks. Anyone can do it, if they are willing to put in a little time and effort. Here is what you will learn inside this guide: The major mistakes that most individuals make when they enter into conditioning What to eat to ensure that you get maximum results in a minimum amount of time What not to eat while youre in training, and why the media lies when they tell you their products are healthy Basic soccer skills that will help you to keep a leg up on your competition Cross-training methods that will allow you to work your entire body How to formulate a workout routine that will allow you to be in top form when you step out onto the field without killing yourself The importance of mixing up your work-out routine, and how to do it so that neither you nor your body is bored How to get back into the action after youve been injured Ways to keep your body working in harmony How to toss a little bit of fun back into your workout routine! And a lot more!

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