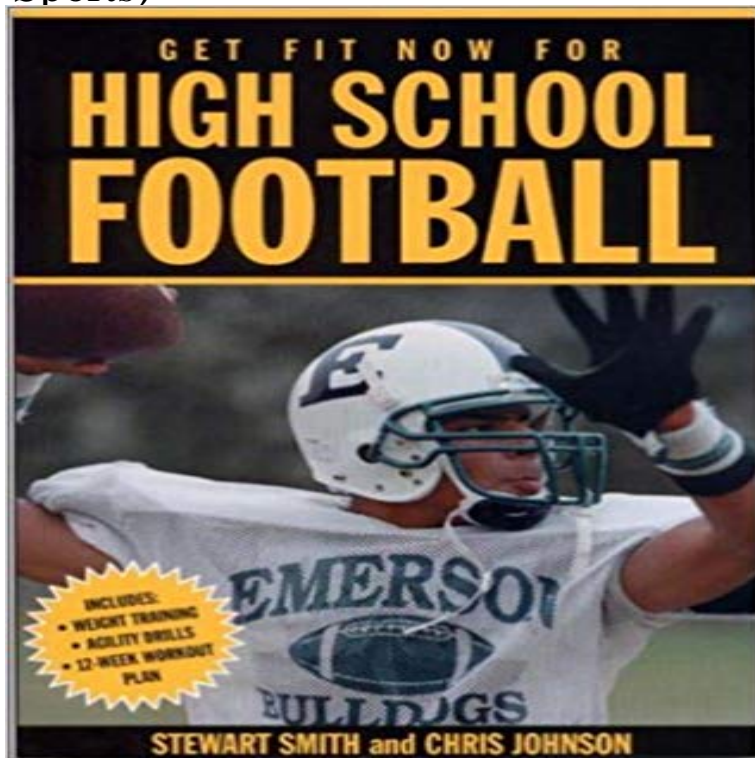


Get Fit Now For High School Football (Get Fit Now for High School Sports)



HUT 1, HUT 2, HUT 3 ...HIKE! Don't be tackled by football tryouts. The time to get fit for high school football is now. Everyone wants to be a football hero but not everyone is in shape to make the team. Now join former Navy SEAL, Stew Smith, as he talks with real high school football players who demonstrate the exercise program that got them out of the tryouts and onto the Varsity. Photographed on location at one of the nation's top-ranked high school football programs, Get Fit Now for High School Football is specifically designed for the 12 to 18 year-old athlete. The young athlete will learn: * Techniques for improving overall strength and power * Plyometric training for explosive speed and agility * Aerobic conditioning for ultimate endurance The first in the Get Fit Now for High School Sports(tm) series, this book is bound to score with young athletes in all fifty states.

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