



Football Training Like the Pros: Get Bigger, Stronger, and Faster Following the Programs of Today's Top Players

Chip Smith

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Go hard, get intense--and gain the competitive edge

Are you ready to go hard core? Then let top performance trainer Chip Smith break you down and build you up into the biggest, baddest player on the field. The number-one expert pros turn to when they want to get pumped and primed for the season and the first choice of aspiring players when they need to take their game to the next level, Smith coaches the best of the best at his state-of-the-art training center, Competitive Edge Sports. Now in *Football Training Like the Pros*, he brings his once-exclusive top training secrets to you.

With a foreword by Chicago Bear Brian Urlacher; photos straight from Smith's powerhouse camps; and the exclusive personal routines of NFL stars like Denver's Champ Bailey, Washington's Antwaan Randle El, and Atlanta's Keith Brooking, this is your complete guide to taking your game to the next level.

Inside you'll find tons of individualized, position-specific drills and training techniques guaranteed to help you:

- Gain mega-pounds of muscle and increase your power
- Get fast and shave time off your forty-yard dash
- Supercharge your endurance
- Improve your agility and flexibility
- Turn your mental toughness to steel
- And much more

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