



# **3 MONTHS TO BECOME An AMAZING FOOTBALL PLAYER: a COMPREHENSIVE HIGH PERFORMANCE FOOTBALL TRAINING GUIDE**

*Mariana Correa*

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3 MONTHS TO BECOME AN AMAZING FOOTBALL PLAYER will turn you into the best footballer you can be. In order to reach your true potential you will need to be in your peak physical condition, and this book will help you achieve just that. With an organized day by day high performance cross training guide with warm ups, body specific workouts, plyometric exercises, ab training, cool downs, and tips for your Best Football yet. After you complete this program you will increase muscle growth, improve your endurance, accelerate fast twitching muscle to run faster, increase your flexibility and so much more. Training hard is half of your success the other half is nutrition. Remember when you think you're done training, you're not done training, at least not until you've put some nutrients back into your body. Included in this book are expert secrets to nutrition and 50 Paleo Recipes with easy and delicious meals you will love. The journey to greatness is not easy, but every step you take forward brings you one step closer to your goals. Get started today, 3 months from now when you complete your event with your best time ever you will be proud of your hard work and dedication. Get started today you will be on your way to be healthier, fitter and happier.

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