



## How to Get In Football Shape With DVD

*Bert Hill, Steve Watterson*

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**How to Get In Football Shape With DVD** Bert Hill, Steve Watterson

"How to Get in Football Shape: Conditioning" contains a 6-week program for football conditioning. For players ages 14 and up, the book illustrates a proven program for speed, endurance, agility, and flexibility. Tennessee Titans players, including Eddie George and Steve McNair, demonstrate exercises on the DVD.

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