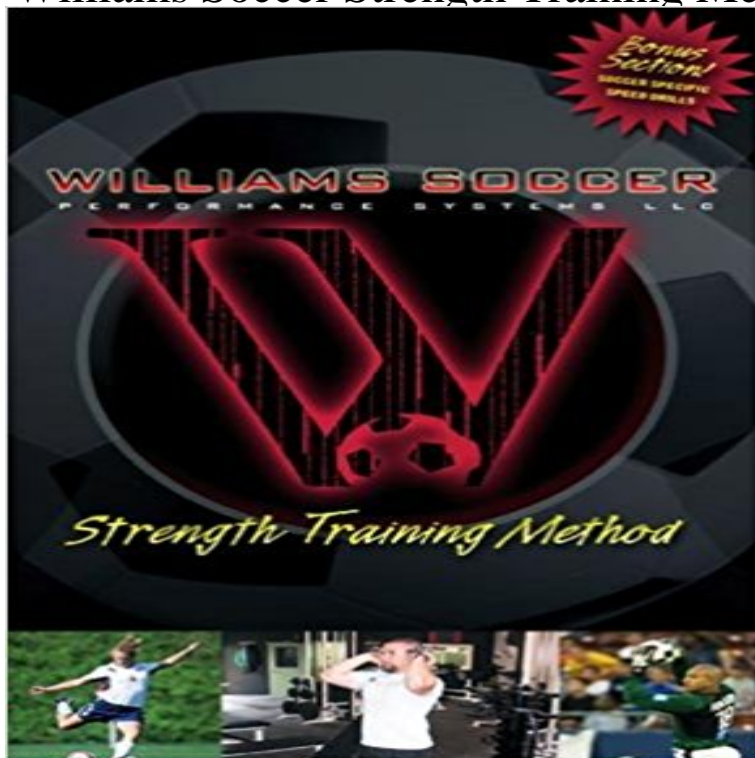


Williams Soccer Strength Training Method



This is a highly detailed strength training manual devoted to the soccer player. By using the program I have provided within this manual I have seen good players become great players and great players become world-class players. Throughout the years, I have watched the game become more physical as players work harder to meet the demands placed upon them. The way for you to be one step ahead of all the other players is strength training. - Mark Williams

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