



# **Soccer Fitness for Juniors - Resitance Training with Body Weight, Medicine Balls and Sand Bags**

*JJ Wolfe*

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# Soccer Fitness for Juniors - Resistance Training with Body Weight, Medicine Balls and Sand Bags

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## **Soccer Fitness for Juniors - Resistance Training with Body Weight, Medicine Balls and Sand Bags JJ Wolfe**

If you're a Soccer Coach or Soccer Parent who wants to know the secrets of developing soccer power, soccer speed, and Soccer Fitness for male and female soccer players 8-14 then you're about to discover how to significantly improve soccer power.

In fact, if you want to know how to improve power your son or daughter or team then this new EBook - "Soccer Fitness for Juniors - Resistance Training with Body Weight, Medicine Balls and Body Weight" - gives you the answers to 3 important questions and challenges every Soccer Coach and Soccer Parent faces, including:

- What's the best way to build soccer power?
- Does interval training improve soccer fitness?
- How do my players or child improve speed?

... And more!

This ebook Soccer Fitness for Juniors - Resistance Training with Body Weight, Medicine Balls and Body Weight is Simple Basic and Effective.

You can go out and pay a lot of money for a high priced personal trainer or strength and conditioning coach or scroll up to the top and pay ninety nine cents US.

Remember this is a SIMPLE, BASIC and EFFECTIVE Soccer training program for Soccer Fitness, soccer strength and soccer power!

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