

The Strongest Shall Survive: Strength Training for Football

By Bill Starr

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The Strongest Shall Survive: Strength Training for Football By Bill Starr

The original classic strength training manual from the late 70's (third printing, revised first edition 1979)l. The purpose of the book is to help high school and college coaches set up functional strength programs with a minimum of equipment and time. It is also valuable to any athlete who trains on his own and needs direction. The manual was written by Bill Starr, a national Olympic weightlifting champion, who became one of the first professional strength coaches in the country when he trained the Baltimore Colts the year they won Super Bowl V. The 209-page reference contains over 200 photos with detailed instructions on how to perform the recommended exercises and put together productive programs from the rank beginner to the advanced athlete. Includes sections on: •Anatomy •Weight Training •Nutrition •Rehabilitation

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