

Avatar:

Current state:

- He is 17 years old skinny guy, 6'1 and 145, and wants to focus entirely on gaining at least 20 pounds in that time and gaining muscle.
- He is playing CAM,
- He likes the focus on strength and explosiveness.
- His stamina is not good. He gets tired very quickly; he wants to know how he would build endurance, fitness
- He wants to know how much time it'll take to get results
- His knee started hurting recently, but he didn't hurt it on training, but when doing squats.
- He doesn't know how many times a week he can do exercises,
- He doesn't know what he needs to do in speed sessions.
- His game is good, but his appearance is not that good, affecting his scouting too.
- He trained very hard; for the last three months, he trained six days and was training four days a week. He eats very healthily; however, he keeps getting tired. a week, and before that,

Pain/Problems:

- In most exercises, he does not know what to do or how to do it, and it is difficult to find this information on the Internet.
- He has a problem with weight gain and a problem on the football pitch.
- Feel a bit slow sometimes.
- Doesn't know how footballers train in the gym

Goal/Dreams:

- Become faster, and more robust, have good stamina, and be good on the ball.
- Wanna gain weight
- He wants to improve as an individual
- Wants to play as long as he can
- Wants to build more strength on the field.



This is a program description so there is no killer title.

Do you have enough of questioning your training.... And being worried about injuring yourself in training and missing a season that could be very important for YOU!

And do you want to start seeing yourself on top of your game with better performance, such as strength, so that the other players will not be able to cope with you and will no longer be able to knock you over when they body slam you,... and speed so that the other players won't be able to catch up with you, and their stamina won't be able to cope with yours....

If your answer is yes to either of these questions, then let me tell you that you are at the right place.

After a few years of education, traveling for temp jobs, and lots of coaching, I created The Ultimate Footballer In-Season Program, which is intended to **prioritize your match performance.**

This program is designed to help you dominate your sport by focusing on critical fitness areas.

With 4 phases, each lasting 3 weeks, you'll engage in a range of activities, including:

- Plyometrics** 2x/a week,
- Speed** and **agility** training up to 2x/a week,
- Strength** and **power** training 2x/a week,
- And even match in-season fitness sessions.

But that's not all; this program also included something that my other programs don't, and that is:

- Core** strengthening workouts,
- Knee** strengthening exercises,
- Ankle**/foot strengthening routines

To ensure that you're performing at your best and staying healthy and injury-free.

So let me ask you...

Are you tired of feeling frustrated with your training and unsure about your performance on the field? Do you want to finally know what you can achieve in just a few weeks, like increasing your speed by 10% and improving your shot power and strength by 20% while minimizing your risk of injury on the field and in the gym, and jump higher and land without knee or ankle pain?

If your answer is yes this time too, then The Ultimate Footballer In-Season Program is something you need. With our specialized training techniques, you can expect incredible results in just a few weeks.

Don't settle for mediocre performance – it's time to transform your game and dominate your competition. Unleash your full potential on the field with The Ultimate Footballer In-Season Program.

But don't wait too long to improve your game, as your BIGGEST opponent might be preparing to beat you.