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Barca Speed Training

Agility Drill 1

Position Specific Training

Multi Sport Program

Acceleration to Deceleration

Cross Over Step

Movement Matrix 1

Change of Direction

Multi Sport Program

Barca Field Circuit

Inter Gym Session

Southampton Speed Drill

Wolves Field Strength

Sevilla Speed Drill

Sevilla Speed Drill 2

Sevilla Field Circuit

Real Madrid Speed Drill

Lateral Shuffle Drill

Robben Speed Workout

Real Madrid Speed Circuit

Valencia Speed Drill

Man U. Speed Drill

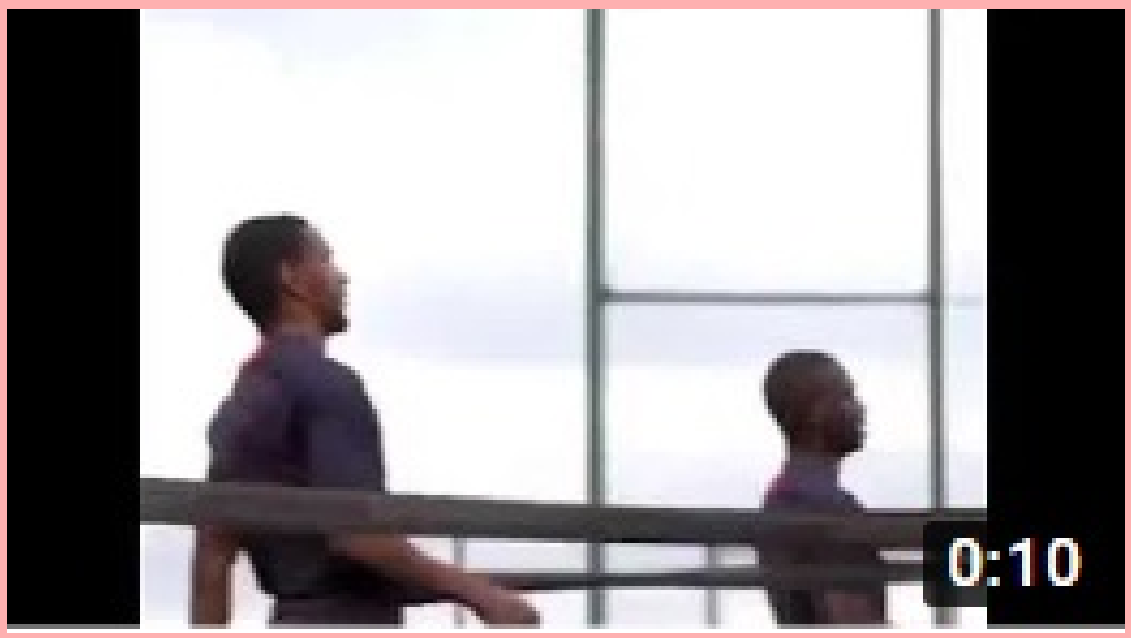
New Gyn at Norwich

Fun Power Session

Fun Speed Drill

Barca Speed Drill

PSG Strength and Speed



Wigan Speed Drill

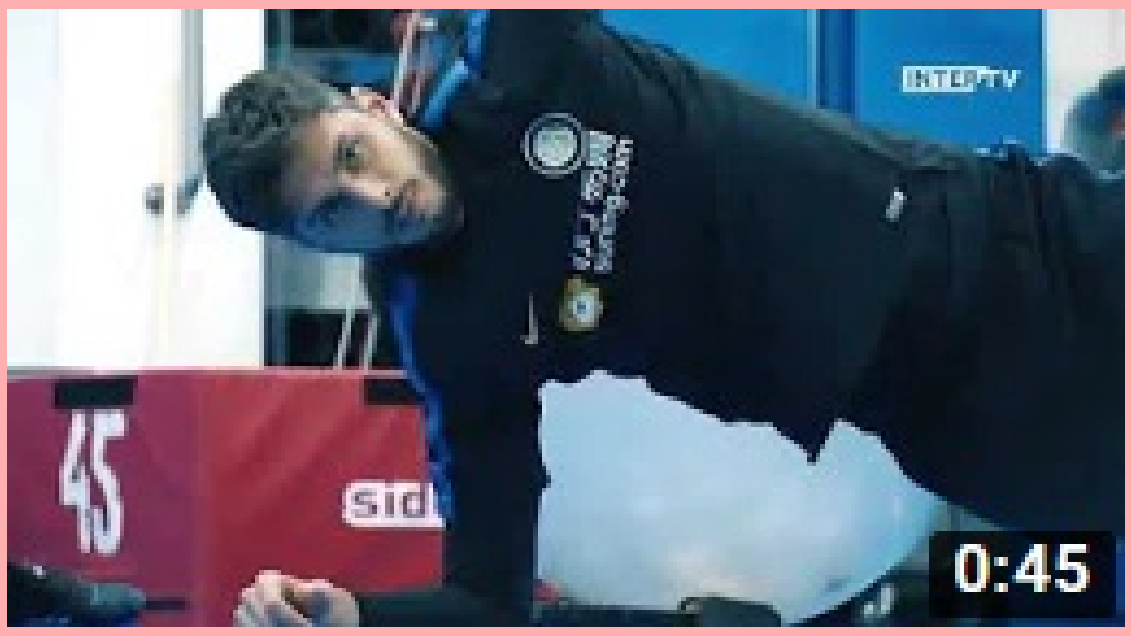
Contextual Running

Juventus Gym Session

Man U. Speed Drill

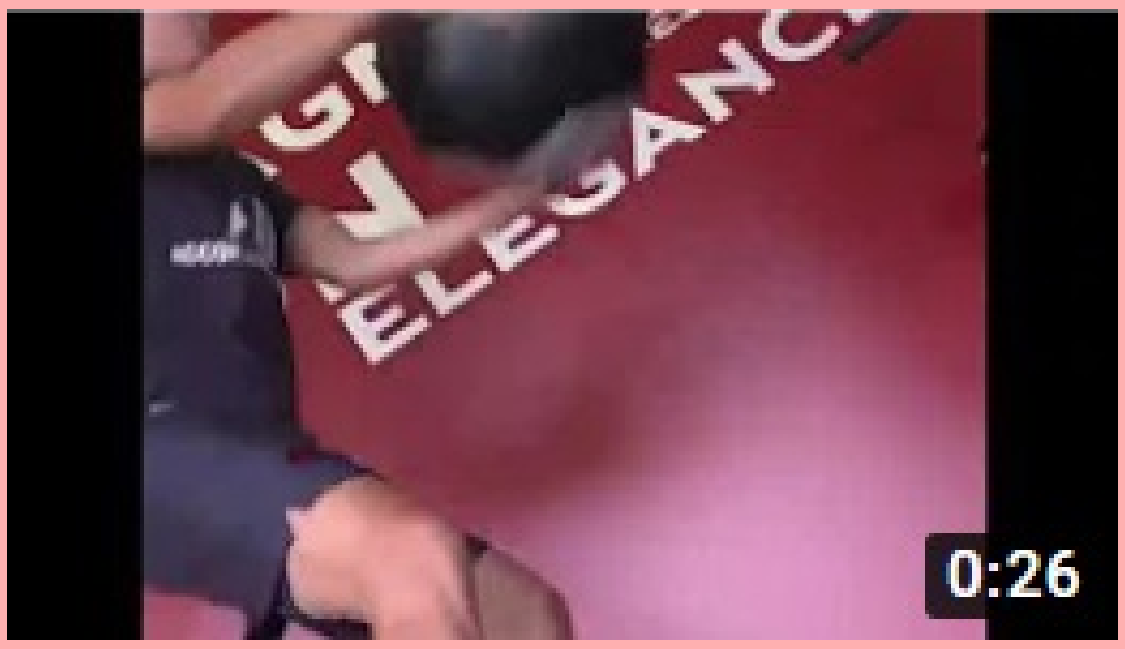
ChelseaSpeed and Power

Inter Speed and Power



AC Milan Strength and Power

Ander Herrer Rehab



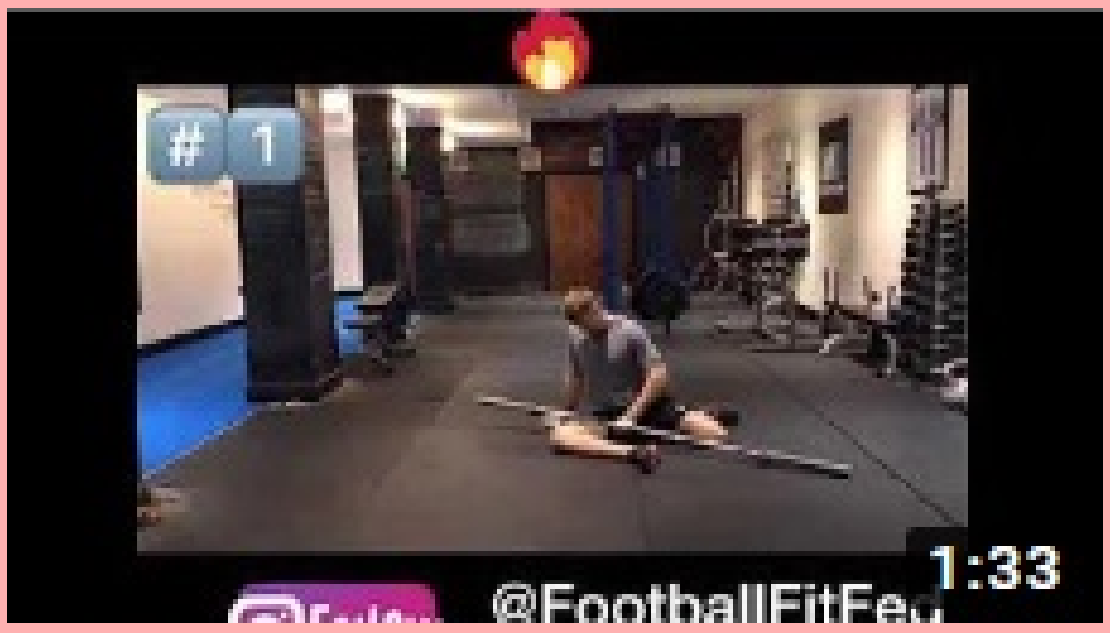
Speed Drill

Suarez Gym Session

Liverpool Speed Drill

Rotate to Dominate

Hip/Groin Combo

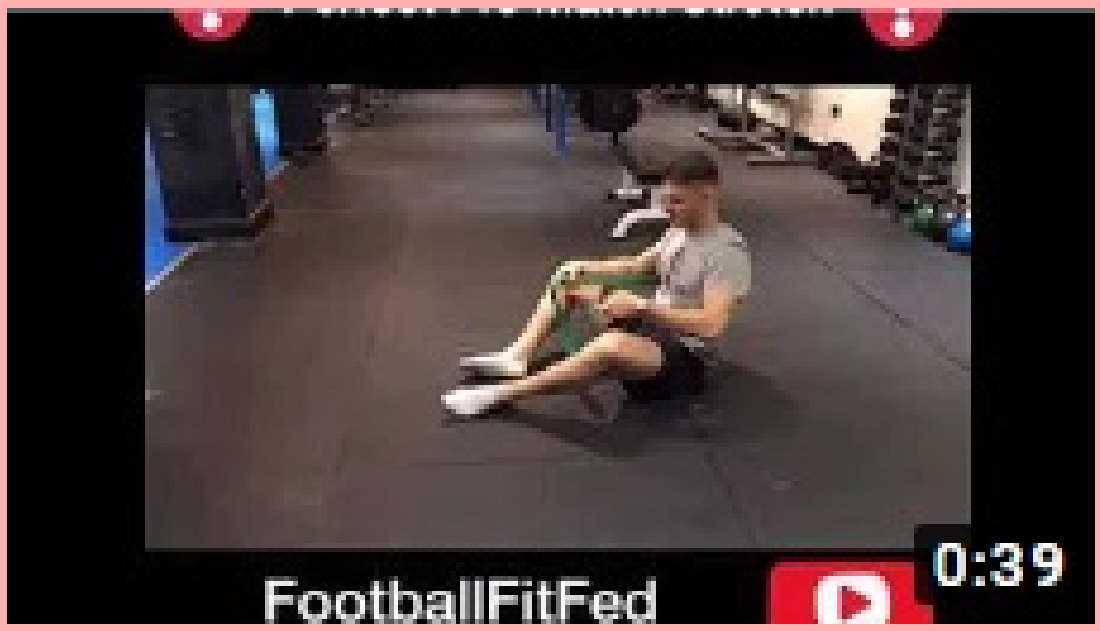


Hips and Spine

Foot and Ankle Health

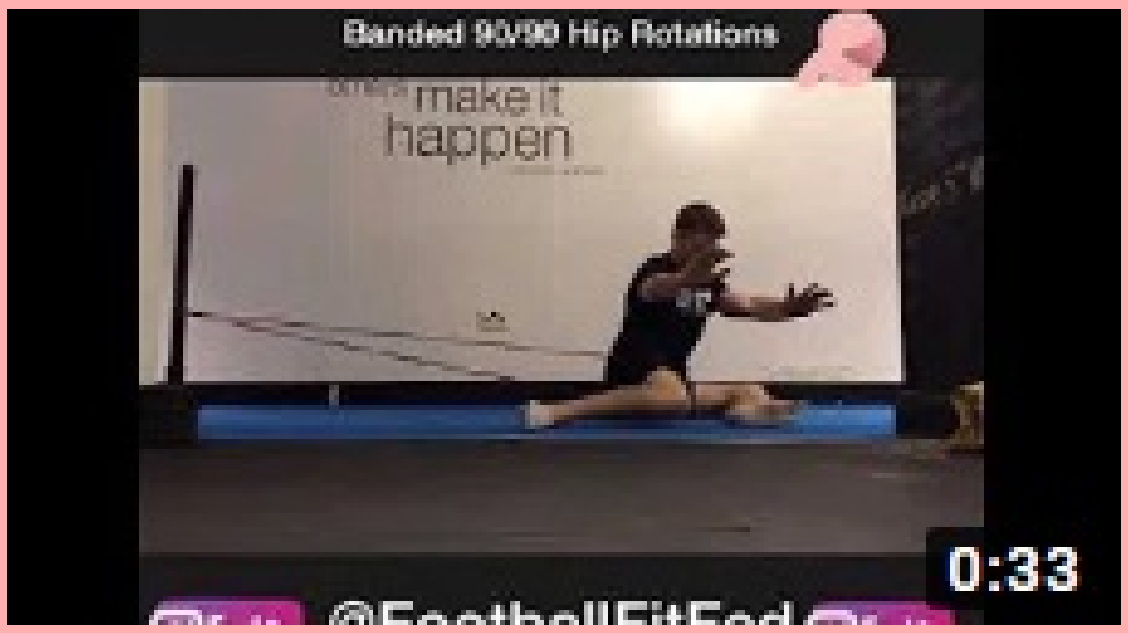
Banded Hip Opener

Pre Match Stretch



Gym Warm Up

Hip Tightness



Band Stretch

Rotate to Dominate

Change of Direction

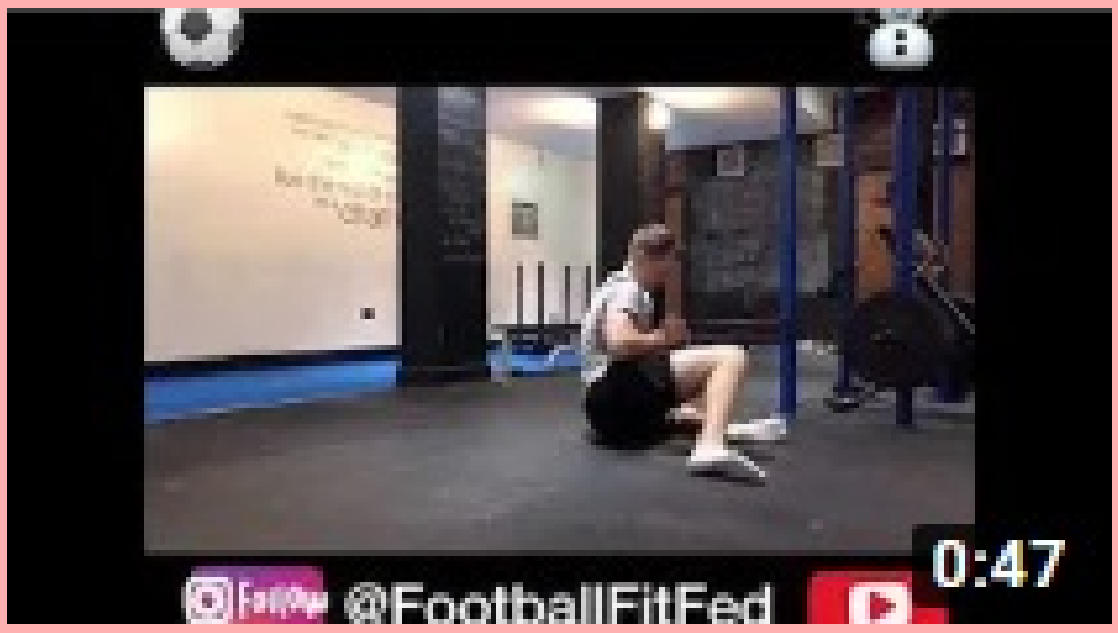
Lateral Lunges

Chest and Hip Opener

Hips, Back, and Shoulders

Hip Opener

Stay Strong

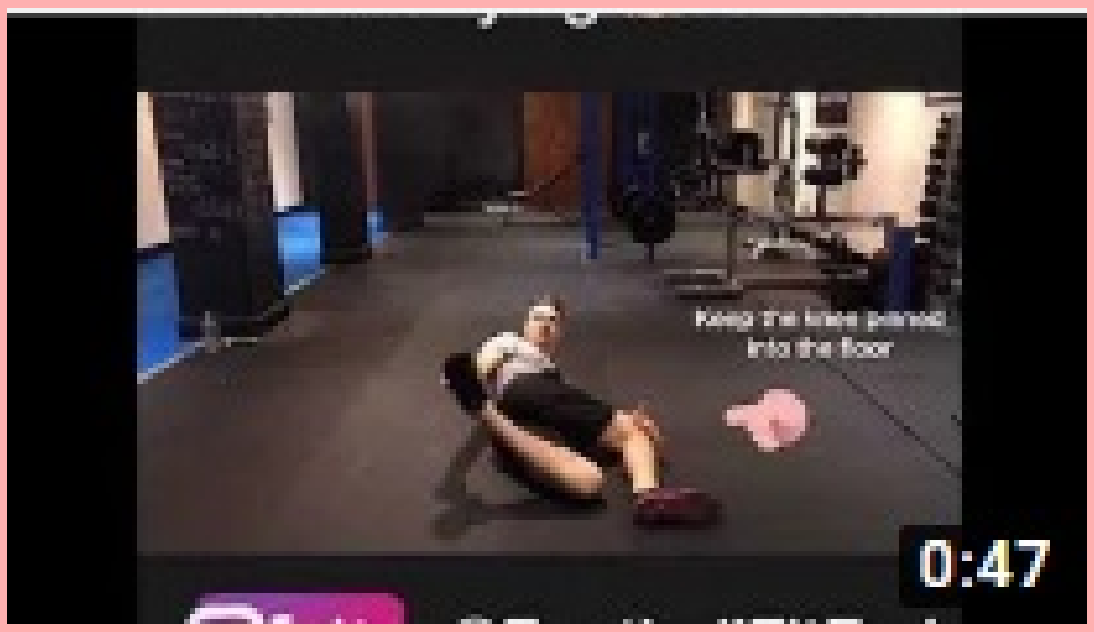


Rotational Strides

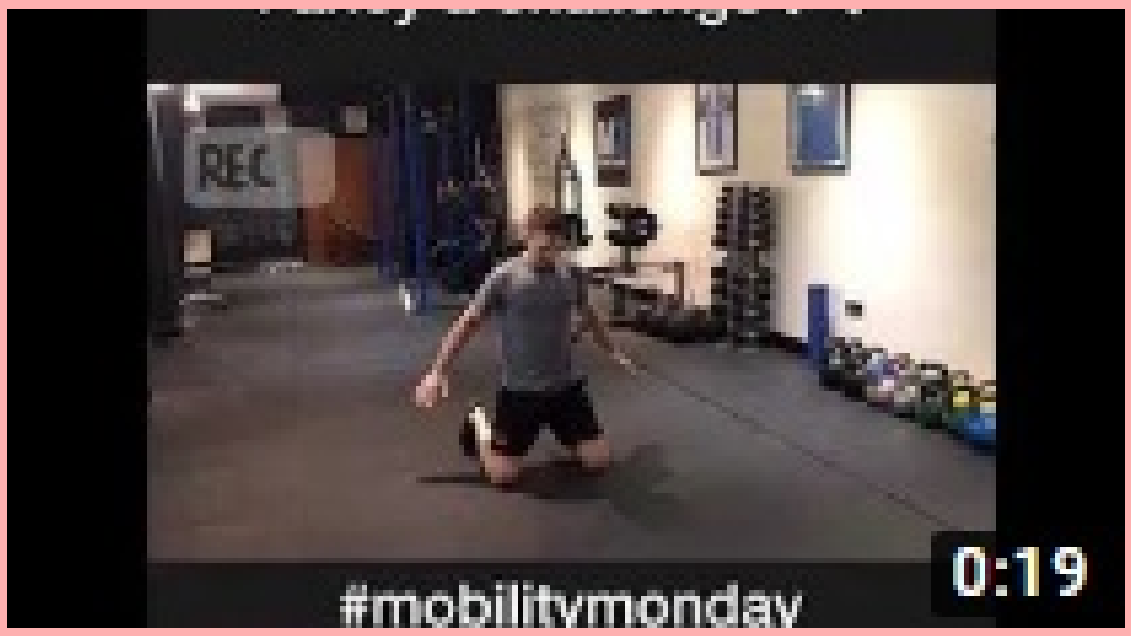
Groin Health

Round the Clock Step Over

Side Lying Stretch

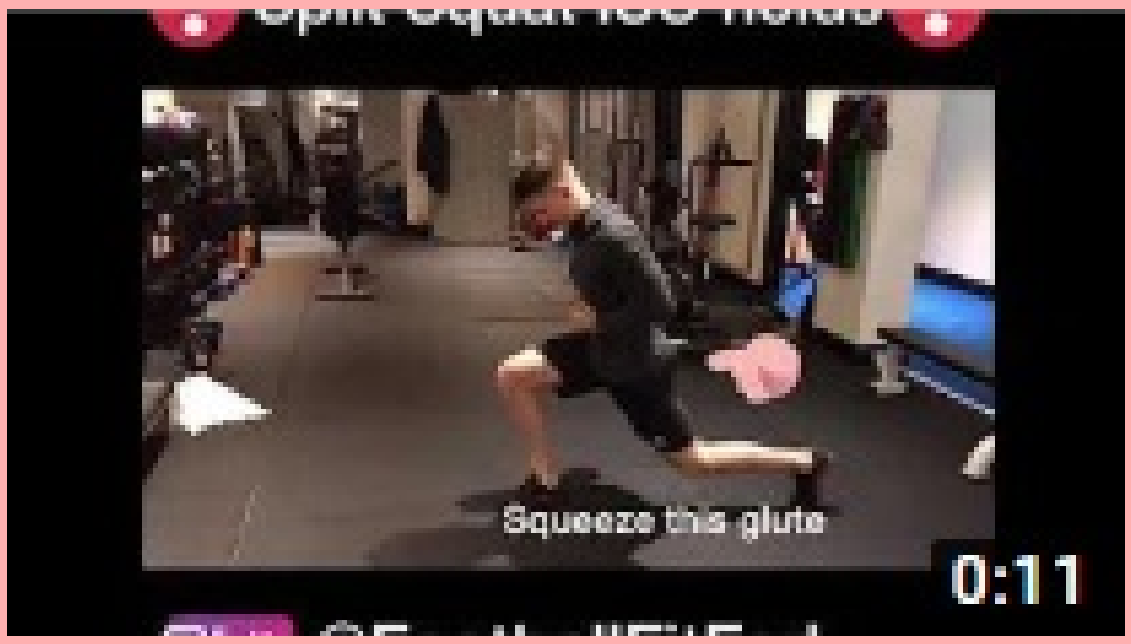


Fancy a Challenge?



Lunge Combo

Split Squat ISO Holds



The Scorpion Stretch

Banded Pigeon Stretch

Banded Leg Lowers