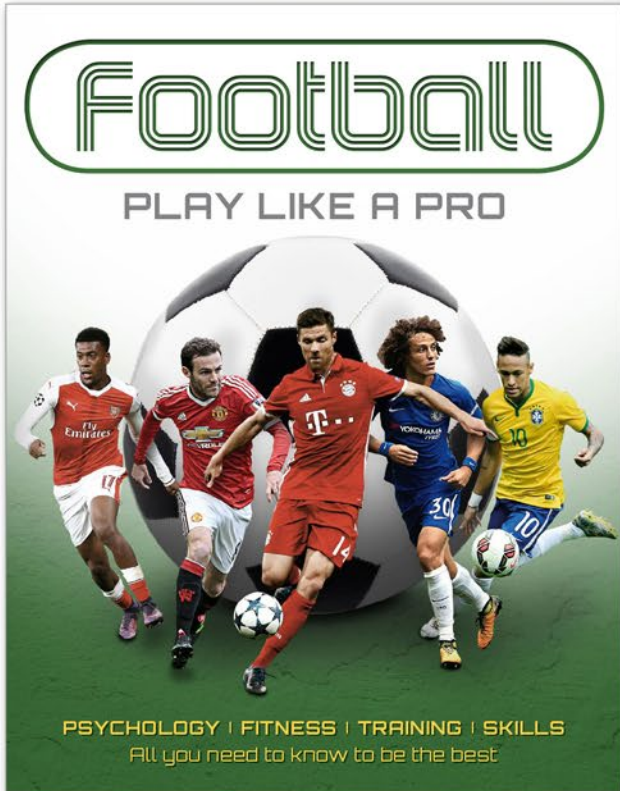


From fitness to field. All you need to know to be the best



ILLUSTRATED HARDCOVER BOOK

Are you a Sunday League superstar? Do you still think you've got what it takes to make it to the top?

In **Football: Play Like A Pro** we've got everything you need to play like your footballing heroes. Illuminating interviews with some of the game's biggest names – both past and present. Workout tutorials, nutritional advice and a look at the best gear and equipment available to you. Fascinating in-depth features on preseason training camps, the importance of a good night's sleep and the five-a-side league that aims to help players lose weight and get fit. Workouts for burning fat and building muscle - Clear instructions and images demonstrate the correct form and help you to target specific muscle groups and work on different in-game situations.

We also bring you wonderfully illustrated guides to working out in the winter and on rainy days, while there's also loads of essential advice on everything from in-game psychology and fitness equipment to eating the right foods to fuel your body.

BIBLIOGRAPHIC INFORMATION:

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KEY SELLING POINTS:

- The biggest participation sport there is and every young boys dream.
- Expert advice from 26 major stars, including:
- Frank Lampard, Robert Pires, Fernandinho, Paul Scholes and Neymar.
- Every possible angle covered: Psychology, Fitness, Training and Professional playing advice.

