

Kick Farther
With
Isometric Training!



by
AthleticQuickness®

"We'll bring you up to speed!"®

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Fifth Edition.

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Published by Dr. Larry Van Such.

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Library of Congress
Washington, D.C. 20559

Title: Kick Farther With Isometric Training!

ISBN: 0-9679070-6-3

Credits:

Front and Back Cover Photos by: www.Istockphoto.com/Grafissimo. ©2010.
Interior page photo by: Clive Brunskill. FPG International. ©2010.
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Printed in the United States of America.

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Introduction



Dr. Larry Van Such, DC, BE

Dear Athlete,

Thank you for your interest in the *Kick Farther With Isometric Training!* program. It is my sincere desire that this program meets your needs.

Isometric training, with the help of the resistance band and its dynamic and elastic properties, is fast becoming one of the most popular ways to train your muscles for strength and speed.

This program is ideal for all soccer players looking to increase their kicking distance and power. It is also ideal for football punters, field goal kickers and kickoff specialists looking to increase their distance and hang time.

The exercises in this program are also designed to increase your running speed, so you can be sure to develop the speed and quickness necessary to make game changing plays.

Once you start incorporating the strategies contained in this program into your current training schedule, you too will join a select group of athletes who have gained an immediate advantage in their sport.

So take charge and use this information. The possibilities of what you might accomplish are endless!

Sincerely,

A handwritten signature in blue ink that reads "Dr. Larry Van Such".

Dr. Larry Van Such, DC, BE