THE STRONGEST SHALL SURVIVE . . . STRENGTH TRAINING FOR FOOTBALL

Table of Contents

Chapter		Page
	Weight Training Section	
One	The Marvelous Machine	1
Two	Your Muscles and Their Function	10
Three	Strength — The Critical Ingredient	20
Four	Flexibility and Warming Up Exercises	27
Five	The Big Three of Weight Training	38
Six	Programming the Big Three	56
Seven	Advanced Training Programs	66
	Sample Advanced Program	88
	Sample Big Three Program	89
	Weight Training Reference List	90
	Nestritional Continu	
Eight	Nutritional Section That Extra Edge — Proper Nutrition	92
Nine	Understanding Proteins, Carbohydrates, and Fats	99
Ten	Those Valuable Vitamins	106
Eleven	The A,D,C, and E of It	109
Twelve	The Busy Bs	114
Thirteen	The Mighty (and Misunderstood) Minerals	122
Fourteen	Super Foods and Supplements	132
Fifteen	A Few Special Nutritional Situations	141
	Nutritional Section Reference List	147
	••••••	
	Related Material Section	
Sixteen	Principles of Rehabilitating Injuries	148
Seventeen	Rehabilitation Exercises for Football Players	156
Eighteen	Those Extraordinary Exercise Machines — An Evaluation	171
Nineteen	Drugs and Strength Training	178
Twenty	Sleep and Strength Training	188
,	Mental Rehearsal and Strength Training	194
Twenty-Two	The Role of the Strength Coach	202
	Related Material Section Reference List	206
	Index	207
	List of Tables	
Table I	Measurements Used in Nutrition	98
Table II	Approximate Elements in Composition of Body	122
Table III	Approximate Amounts of Calcium, Phosphorus	
	and Magnesium in 100 gms. of Food	126
Table IV	Summary of the Nutritional Requirements of	
	Hard Training Athletes	146