

# Philadelphia Sports Training Center



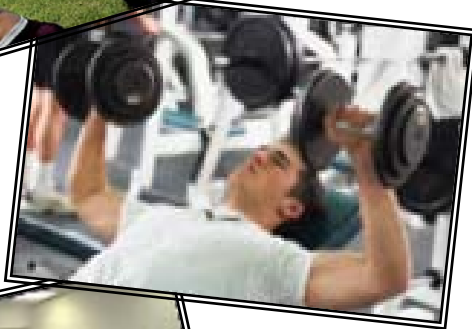
## *High School Football Strength & Conditioning Playbook*

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## TABLE OF CONTENTS

Welcome Letter	
Introduction	1
Calendar	2
Anatomy of Muscles	3
Anatomy of Speed	4
Keys to Athletic Success	5
Exercises	6-10
Sports Nutrition	11-15
Academic Information	16-25
Inspirational Quotes	26-30

*“Where Academics + Athletics = Success!”*