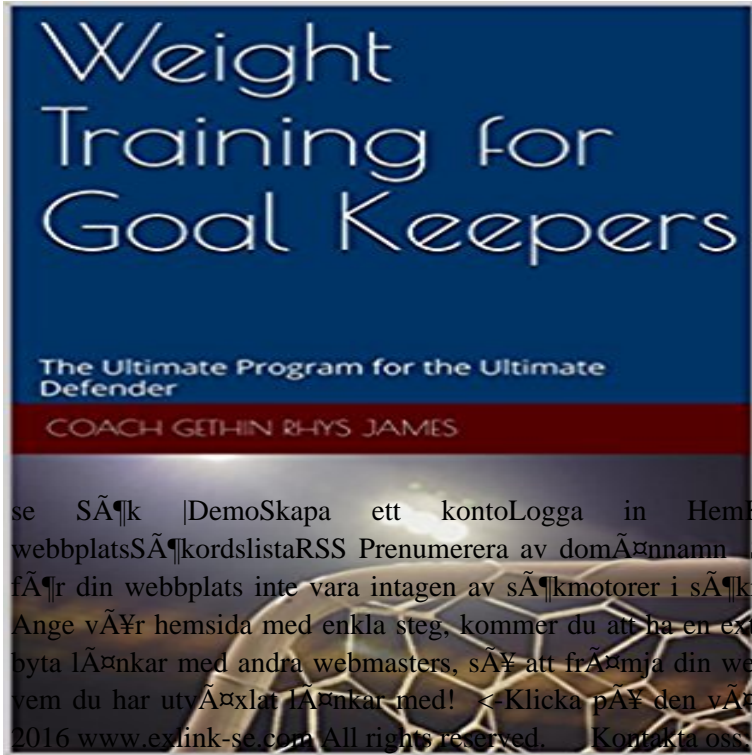


# Weight Training for Goal Keepers: The Ultimate Program for the Ultimate Defender



Weight Training for Goal Keepers is another short book from icankeepup.com. It is dedicated to those that are under the most pressure and are the most committed. Supercharge your training with the ultimate training regime for jump power and speed. You are the difference between win and lose. You can change the game and win it for your team!

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