

Title:

Offseason Discipline - NFL Players Diversifying Their Training

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606

Summary:

NFL players are individuals by nature, and each position and scheme demands different physical

Cardiovascular Training

Perhaps the oldest form of trai...

Keywords:

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Article Body:

NFL players are individuals by nature, and each position and scheme demands different physical

Cardiovascular Training

Perhaps the oldest form of training in the NFL, every player needs to be able to keep his wind

Weight Training

This is a staple of nearly every player, and like cardio training, weight training has grown m

Martial Arts

Martial arts in and of themselves offer several choices in regards to particular routines. Reg

Boxing

During this offseason, Chargers LB Shawn Merriman is making a name for himself with his teamma

Yoga

With the rise in the popularity in weight training came the simultaneous collective loss of fl

Ballet

Although this form of training is generally not publicized by players, several prominent playe

Although there are many choices for players to train during the offseason, one common denomina

For the players, there is no more offseason in the NFL, and they all know this. That's why you

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