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*[ONLINE RESOURCES SECTION | DIGITAL REFERENCES]*

1. Westside for Skinny Bastards 3 Program
2. Strong Bastard 911 Program
3. Linear Speed Analysis Presentation
4. In-Season Football Training Audiobook
5. Breathing 101: The Art of Breath Protocol

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<b>DOWNLOADABLE RESOURCES</b>		
Resource 1   Evolution of Prowler Training Presentation		
Resource 2   The WS4SB3 Program		
Resource 3   The SB911 Program		
Resource 4   In-Season Training for Football Players Audiobook		
Resource 5   Breathing 101: The Art of Breath Protocol Presentation		