Team Warmup FOOTBALLready READY	Z		PIPE Dose Vi	
EXERCISE		Effort	Reps	Dist
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Position Specific FOOTBALLready	ZONEready Choose Victory			
AIM		Chi	Jose VI	clory
EXERCISE		Effort	Reps	Dist
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CLEAR Effort Reps Exercise Dist ©2009 Zone Ready www.zoneready.net

~tootballready