

# **Forward In Football VII: Hamstring-Focus (Volume 7)**

**By Paul Watson Fraughton**



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Paul Watson Fraughton is the author of several Amazon titles. - "Forward in Football" textbook: visit forwardfooty.com - "Forward in Football" soccer development

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etc.) can affect the ease in which your pelvis tilts, thus affecting how you bend forward hamstring attachments at your knees. Focus hamstrings, the best

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