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Houston Texans Strength and Conditioning Program Players Manual, Dan Riley, 12 Steps to the Perfect Clean (PDF) Allen Hedrick, M.A., C.S.C.S.*D, U.S. Air. The National Strength and Conditioning Association (NSCA) is dedicated to helping personal trainers, Basics of Strength and Conditioning Manual (PDF) and development of the "Spartan Women's ...

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Excerpt from the Houston Texans Strength and Conditioning ...

Excerpt from the Houston Texans Strength and Conditioning Manual - TLDR: Don't worry about heavy weight & low reps vs. light weight & high reps. Getting in the weight room is the key to gainz. (self.weightroom) submitted 2 years ago by pizzascholar

Photos: Texans start offseason conditioning program

Check out some of the best shots from the first week of the Texans offseason conditioning program. ... 2019 offseason practice in which Texans players lifted at NRG Stadium in Houston, TX.

Texans wrap offseason conditioning program; OTAs ahead

The Texans finished their five-week offseason conditioning program on Thursday at Reliant Stadium. They will start OTAs (organized team activities) Monday at 11:30 a.m. The voluntary offseason ...