

FITNESS
Routines
OF THE
SUPERSTAR ATHLETES

TOM BRADY



JEFF SAVAGE

Mitchell Lane

PUBLISHERS

2001 SW 31st Avenue
Hallandale, FL 33009

www.mitchelllane.com

Copyright © 2020 by Mitchell Lane Publishers. All rights reserved. No part of this book may be reproduced without written permission from the publisher. Printed and bound in the United States of America.



First Edition, 2020.

Author: Jeff Savage

Designer: Ed Morgan

Editor: Lisa Petrillo

Series: Fitness Routines of the Superstar Athletes

Title: Tom Brady / by Jeff Savage

Hallandale, FL : Mitchell Lane Publishers, [2020]

Library bound ISBN: 9781680204636

eBook ISBN: 9781680204643

Contents

Chapter ONE

Super Comeback 4

Chapter TWO

Overcoming the Odds..... 10

Chapter THREE

Fitness and Pliability..... 16

Chapter FOUR

Strict Nutrition 22

Chapter FIVE

Peak Performance 26

Awards..... 28

Timeline..... 29

Glossary..... 30

Further Reading..... 31

On the Internet..... 31

Index..... 32

About the Author..... 32



★ ★ ★
CHAPTER
One

SUPER *Comeback*

Q uarterback Tom Brady led his teammates to the line of scrimmage. It was fourth down near midfield. Brady's New England Patriots needed to gain at least three yards to get a first down. The Patriots were playing the Atlanta Falcons in the 2017 Super Bowl.



Tom Brady of the New England Patriots walks on the field in the third quarter against the Atlanta Falcons during Super Bowl 51.

The Patriots were behind by 25 points late in the third quarter. If they failed to get the first down, they would likely lose this game.

Brady expected to win. He had already won more regular season and playoff games than any other quarterback in National Football League (NFL) history. Now he was going for his fifth Super Bowl win—another record.

Brady fired a pass to wide receiver Danny Amendola, who gained 17 yards for the first down. The Patriots had hope. Three plays later, Brady was forced to scramble and run. He sprinted through the middle of the Falcons defense for 15 yards and another first down. Then he threw a pass to James White for a touchdown.

Brady was older than his teammates on the field. In fact, he was so much older that when he played in his first year with the Patriots, they were still in elementary or middle school. Now at age 39, Brady was considered an “old” football player. But as this championship game continued, Brady seemed to be getting stronger and faster. How could this be?

Brady led his team to a field goal and then another touchdown to get New England within eight points, 28-20. But time was running out. Only three minutes remained in the game. The Patriots had to hurry. They needed to drive 91 yards for another touchdown for a chance to tie. Brady was filled with energy. He completed five straight passes to get his teammates into the end zone with 57 seconds to go. Then he passed for a two-point conversion to tie the game. In overtime, he completed five straight passes again to

SUPER COMEBACK



Brady celebrates with James White after rushing for a 1-yard touchdown in the fourth quarter against the Atlanta Falcons during Super Bowl 51.

You've Just Finished your Free Sample

Enjoyed the preview?

Buy: <http://www.ebooks2go.com>