



The
Ultimate Guide to
**WEIGHT
TRAINING**
for
RUGBY

second edition



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Part I



**Rugby
Specific
Training**

*With Weight Training, Knowledge is the
Key to Success*

INTRODUCTION

By opening *The Ultimate Guide to Weight Training for Rugby*, you have taken your first step towards achieving your athletic potential. This book is loaded with the most up-to-date sports weight training information and features a year-round rugby-specific weight-training program. Upon completion of the text, you will know how to properly, safely, and effectively perform over 80 exercises and you will be ready to begin your training.

The most important part of this book is the rugby-specific weight-training program itself, which appears on page 15. This program was created for one reason and one reason only; to improve your rugby potential. It does this by increasing your strength, explosion, power, endurance, and flexibility in the parts of your body that are most important for rugby. The program has been created to supply you with the advantage you will need to outperform all of your opponents. By following the program, you will build your muscles with strength, endurance, and power. When called upon, you will be physically prepared and mentally ready to compete at the highest of your potential.

The program was constructed in such a way that you will be on the top of your game the day the season starts and you will be able to maintain your strength and power throughout the season. The off-season program is set up as a two-day split, four days per week, which means you train all of your muscle groups over the course of two training sessions followed by a rest day. The off-season is where you will build your foundation of strength and power. The preseason routine is designed to further enhance your physical abilities enabling you to peak with strength and power at the onset of the



After following the first two 4-week off-season programs, be sure to take one week away from the gym to let your muscles rest and grow stronger before beginning your final two 4-week programs.

It cannot be stressed enough that during the off-season, you must supplement your weight-training activities with some sort of rugby-specific activities to keep your body in proper shape. You must continue to practice your skills throughout the off-season to help keep your body loose and ready to for the next season.

STRENGTH TRAINING

The stronger the vital areas of your body are, the better off you will be. Although some muscles are more important than others, every muscle in your body needs to be well trained.

Compound Exercises: Each program contains many compound exercises, that is, an exercise (such as squats, bench presses, and lat pull downs) that trains two or more muscle groups. Most exercise and strength-training experts agree that compound exercises are the most efficient exercises for building strength and size.

Great form: For the best results, use great form while training. Take at least two seconds on the eccentric (negative) phase of the lift and at least one second on the concentric (positive) phase of the lift. This slow, rhythmic movement builds your muscles up bigger and stronger than any other type of lifting.

Pyramid Method: Several exercises in the strength-building routines are structured in a pyramid method of sets and reps, which is another strength-building