



LANCASHIRE DEVELOPMENT CENTRE

presents

Strength & Conditioning for Rugby

4 Monday Evening Workshops

June 17th	Introduction to Strength & Conditioning for Rugby	Blackburn RUFC
June 24th	Field Based Conditioning	Trafford MV RUFC
July 1st	Strength Training	Preston Grasshoppers RUFC
July 8th	Nutrition	Liverpool St Helens FC

The sessions start at 7 pm

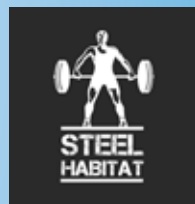
Presented by...

Warren Spragg (Bodywise Strength & Conditioning)

Mike Waywell (Steel Habitat Strength & Conditioning)

BODYWISE
STRENGTH & CONDITIONING

**COURSES ARE FREE AND OPEN TO COACHES
AT LANCASHIRE CLUBS AND SCHOOLS**



Please register your place with Tom Fitzgerald tom.fitzgerald@lancashirerugby.com