



FIT FOR RUGBY

with



WARM -UP

ACTIVITY	SETS	REPS	TEMPO
MD Beast Crawl	2-3	5-10m	Slow and controlled
Crab Reach	2-3	3-5 each side	Slow and controlled
Forward roll to stand	2-3	3-5	Slow and controlled

JUMPING/LANDING

ACTIVITY	SETS	REPS	TEMPO
Long Jump & Stick	2-3	4-8	Controlled landing
SL Hop & Stick	2-3	4-8	Controlled landing

STRENGTH

ACTIVITY	SETS	REPS	TEMPO
Goblet Squat	2-3	6-12	3s Down, 2s Hold, 1s Up
Flat Press Up	2-3	6-12	3s Down, 2s Hold, 1s Up
Partner Inverted Row	2-3	6-12	3s Down, 1s Up, 2s Hold
Hip Hinge	2-3	6-12	3s Down, 2s Hold, 1s Up
Front Plank	2-3	6-12	15-30s

#AsOne